

7-12th GRADE SUMMER STRENGTH CAMP 2018



WHERE: ELGIN HS FIELD HOUSE
WHEN: Monday – Thursday (6/4-6/28 & 7/9-7/19)
TIME: 8:00-10:00 AM
INSTRUCTORS: ELGIN HS/MS COACHING STAFF
COST: FREE
ATTIRE: SHORTS, T-SHIRT, RUNNING SHOES, AND BRING A POSITIVE ATTITUDE
HYDRATION: WATER AND COOLING STATIONS PROVIDED

FOR MORE INFORMATION
CALL:
JENS ANDERSON
AD/HFC
512.285.9209
jens.anderson@elginisd.net

SKILLS: Weight room techniques, Strength/Speed/Conditioning Training

NAME: _____
PARENT'S NAME: _____
ADDRESS: _____
CITY, STATE, ZIP CODE: _____
HOME PHONE: _____ WORK PHONE: _____
DATE OF BIRTH: _____

PLEASE RETURN THIS FORM TO:

Jens Anderson
ELGIN HIGH SCHOOL
14000 County Line Road
Elgin TX 78621
(OR BRING IT WITH YOU TO CAMP)

I HEREBY AUTHORIZE THE DIRECTORS OF THE ELGIN ATHLETIC PROGRAM TO ACT FOR ME IN ACCORDANCE WITH THEIR JUDGEMENT IN ANY EMERGENCY REQUIRING MEDICAL ATTENTION, I FURTHER WAIVE AND RELEASE THE ELGIN SUMMER STRENGTH CAMP, STAFF MEMBERS AND THE EISD FROM LIABILITY FOR DAMAGES FROM INJURIES OR ILLNESS. I KNOW OF NO MENTAL OR PHYSICAL CONDITION WHICH MAY AFFECT MY CHILD'S ABILITY TO PARTICIPATE IN THE SUMMER STRENGTH CAMP. **PARENT'S SIGNATURE:** _____

ONE TOWN. ONE TEAM. ONE FAMILY