

# Mooreville Strength & Speed



## Elementary Student-Athletes.

Mooreville High School Strength and Conditioning coach Craig Ray will be offering a WINTER program for students 2<sup>nd</sup> – 6<sup>th</sup> grade enrolled in Mooreville Schools.

**Purpose of the Program:** The program will focus on improving flexibility, mobility, balance, speed development, agility movements, and muscular strength.

**Cost:** \$30.00 for 4 total sessions. Cash or Checks (payable to Craig Ray). →

\*\*\* Please MAIL payment and waiver form to MHS prior to the start of camp →

Attn: Craig Ray

550 N Indiana St.

Mooreville, IN 46158

**OR** Bring to the first night of camp Monday, February 10, 2020. \*\*\*

**When:** Monday, February 10 through Thursday, February 13. (4 total workouts) **Time:** 6:00 pm-7:00 pm.

**Where:** Mooreville High School North Gym. Enter through door 34.

**Who:** 2<sup>nd</sup> through 6<sup>th</sup> graders enrolled in Mooreville Schools.

**What to bring:** Athletic Shoes. Athletic wear that is comfortable for exercise. Water or sports drinks.

-----Please cut along dotted line and return-----

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

School: \_\_\_\_\_

Grade: \_\_\_\_\_

Sports: \_\_\_\_\_

Waiver:

I hereby state that my child is in good health, and has my permission to participate in all camp activities. By signing below, I am agreeing, that in case of accident or injury while attending Mooreville Strength & Speed Camp, I release all parties involved from any and all liability.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

