

2018 POWER AND AGILITY CAMP (PAC)



Who: ALL Lockhart athletes entering 7th- 12th grades in 2018-2019

When: High School Boys (7am – 8:30am)

All Girls (8:00am – 9:30am)

Junior High Boys (9:00am – 10:30am)

June 11-14, 18-21, 25-28

July 9-12, 16 –19, 23 – 26

*Sessions run Monday through Thursday. No sessions during July 4th week.

*Students can attend any session but only ONE session per day.

*Students will be grouped by ability and grade levels

Staff: LISD Coaches

Where: LHS Field House

Cost: \$30.00 per athlete (\$30 first child, then \$15 per sibling in same family.) (Fee Waiver Available)

Purpose: To provide strength and speed training, as well as conditioning, to prepare the athletes for the upcoming school year.

*Daily attendance is strongly encouraged. However, we do understand family obligations and other camp participation. If your child is attending another camp during PAC, we recommend they attend **SESSION ONE** that week and we will dismiss them in time to attend the other camp.

Equipment: Tennis shoes and/or cleats, shorts, shirt, water bottle (labeled)

Physicals: All participants must have a current physical. Students may use physicals from the current school year.

Registration: Mail or drop off to:

Lockhart Athletic Department

c/o Lockhart PAC- Coach Herman

#1 Lion Country Lockhart, TX 78644

Make checks payable to Lockhart Athletics. For more info Coach Herman @512-398-0357 or 398-0350 or brian.herman@lockhart.txed.net

PLEASE DETACH BOTTOM PORTION AND RETURN WITH PAYMENT

LOCKHART POWER AND AGILITY CAMP (PAC)

Please check which session you plan on attending: **High School Boys 7am-8:30am**_____

All Girls 8am-9:30am_____ **JH Boys 9am-10:30am**_____

Camper's Name: _____ Grade for 2018-19: _____ T-Shirt Sizes (Adult): S M L XL 2XL

Address _____ City _____ Zip Code _____ Phone #: _____

Parent's Name(s): _____ Cell# _____ Work# _____

Emergency Contact: _____ Cell# _____ Work# _____

LOCKHART ISD LIABILITY RELEASE FORM

Participant releases the Lockhart I.S.D., its officials, employees and volunteers from any and all liability for any claim by Participant of bodily injury, property damage, or other legal injury of any description arising from Participant's use of Lockhart I.S.D. facilities or participation in or attendance at the Camp / Event. The term "Participant" includes both the individual Participant and any parent or guardian signing this document on behalf of the Participant.

Participant further covenants and agrees that Participant or Participant's legal representatives will not assert or file any claim against Lockhart I.S.D., its officials, employees or volunteers seeking monetary or other relief of any description based on any claims released in this document. Participant agrees to indemnify and hold harmless Lockhart I.S.D., its officials, employees or volunteers from all costs and expenses of defending against such claims.

The release and indemnity obligations of Participant shall apply without regard to whether the bodily injury, property damage, or other legal injury complained of were caused, in whole or in part, by the Lockhart I.S.D., its officers, employees or volunteers. I as parent or guardian, hereby give permission for my child to participate in any and all Lockhart ISD high school camps. I hereby authorize the coaches of any and all camps to act for me according to their best judgment in any emergency requiring medical attention and acknowledge that I will be responsible for any cost incurred due to sickness or injury to my child.

This release does not waive any claim of governmental or statutory immunity or any other legal defense available to the Lockhart I.S.D. or its officials, employees or volunteers under Texas or federal law. By signing below I certify that I have read, understand and accept the terms of this document.

Camp Participant (please print)

Parent/Guardian (signature)

Date

Parent/Guardian Printed Name