



**2019 Sweeny Bulldogs
Strength and Conditioning Camp**

Camp Dates: June 10th – July 25th (Closed July 1st – 4th)

Camp Sessions: Monday – Thursday 8:00 – 10:00 AM

Camp Site: Sweeny High School Athletic Field House

Eligible Campers: Sweeny JH & HS 7th-12th grade students 2019-2020 GIRLS & BOYS

Paper Work: ****Must have Physical on File with Athletic Trainer****

Cost: **FREE**

Camp Objectives:

- Y Increase strength, stamina, and flexibility
- Y Improve speed, quickness, and reaction time
- Y Provide information on healthy nutritional programs

Camp Instructors: Sweeny High School Coaching Staff
Contact Person: Randy Lynch or Sylvia Gutierrez (979) 491-8148

Registration Form:

Name: _____ Incoming Grade: _____

Parents: _____ Phone Number: _____

Address: _____

City / State: _____

Emergency Contact _____ Phone Number: _____

Waiver of Liability

I/We the undersigned, for ourselves, or heirs, waive, release, and forever discharge the Sweeny Independent School District, the camp, its staff and coaches for any and all liability, claims, demands, actions, and cause of action whatsoever arising out of or during participation in the strength and conditioning camp activities. As a participant and/or guardian, I agree to the terms of registration stated in this application.

Participant Signature: _____

Parent/Guardian Signature: _____

Sweeny Bulldogs

"Committed to Excellence"