

CANYON COUGARETTE GIRLS SUMMER STRENGTH & CONDITIONING CAMP 2019

We would like to invite you to the Canyon Cougarette Summer Strength & Conditioning Camp. This **six-week (4 days per week, 1.5 hours per day)** camp will provide each athlete a comprehensive Strength and Conditioning Program aimed at increasing each individual's speed, strength, agility and flexibility along with an increased knowledge of nutrition. Our goal is to increase each camper's overall athletic ability while increasing both power and speed. Each camper will be given hands on instruction on proper lifting and running techniques.

- The camp will begin on Monday June 17th and end Thursday August 1st. There will *not* be camp the following **dates: July 1-4, 9-10 & 22-23**. The session will be 1.5 hours long and take place Mondays through Thursdays. Athletes will be required to wear appropriate clothing and shoes. Athletes will meet each day in the Cougar Den.
- There will be **one** session offered for female athletes. This session will be from 7:30 am – 9:00am (All female athletes- Incoming 7th-12th graders).
- This camp will be coordinated by Heather Sanders and Joe Lepsis, M.S.S. (Master's Level Certification – Strength & Conditioning I.S.S.A.)
- **\$70** per person **Cash** or **check** made out to **CHS Athletics**.

Please detach and return the form to Sheryl Rawlings at Canyon High School, Holly Long at Canyon MS, Sarah Sierra at Danville MS, or Melissa Molina at Churchill MS.

Registration Information – Cougarette Strength & Conditioning Camp

Last, First Name	
Home address	
Home phone	
Mobile phone	
Parent's Name	
Sports played	
Grade entering 2019 - 2020	

I agree that neither Canyon High School nor any of its workers or representatives are to assume any responsibility in case an accident occurs. If, in the judgment of any workers or representatives of the camp, the above athlete should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said athlete by any physician, trainer, nurse, or camp representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said athlete.

Parent's Signature _____

***Return the completed release form with cash or check. Send to:
2019 GIRL'S S & C Program

**Sheryl Rawlings – Girls S&C
Canyon High School
1510 IH 35 North
New Braunfels, TX 78130**