

LADY PIRATES

2019 SUMMER STRENGTH & CONDITIONING PROGRAM

When: June 3-5, 10-12, 17-19,
24-26, July 1-3 (M-W)

Time: 9:00-10:30

Who: 7th-12th Graders according to the 2019-20

Where: Shepherd Middle School

TO REGISTER: Fill out the form below and bring it to the first day of camp or turn it into one of your coaches. In addition, you must have a current physical to participate.

CONTACT INFO:

COACH GAMEZ
cgamez@shepherdisd.net
(936) 628-3377 ext. 4355
or VIA FACEBOOK

COACH THORNTON
kthornton@shepherdisd.net
(936) 628-3371 ext. 4494
or VIA FACEBOOK

Last Name		First Name	
Address	City	State	Zip
Home Phone		Cell Phone	
Emergency Contact Name		Emergency Contact Number	
Birth Date	Age	Grade Level Entering 2019-20	

Liability Release

I, _____, hereby release the staff of Shepherd ISD strength and conditioning program in the event of an emergency to obtain medical attention according to their best judgment. I hereby waive and release Shepherd I.S.D. and all personnel from all liability for any injuries uncured while participating in summer strength and conditioning program.

Parent Signature _____ Date: _____