

Victoria East High School

Girls STRENGTH & CONDITIONING CAMP 2019

- Dates:** Monday, June 3 thru Thursday, July 18
Mondays-Thursdays ONLY
*No camp July 1st - 4th
- Times:** 7:30 a.m. to 9:30 a.m.
- Location:** Victoria East High School
Weight Room and Track
- Staff:** Victoria East Coaches
- Cost:** **FREE!!!** We just need the registration form signed and returned!
- Who:** Girls that are incoming 7th-12th graders for the 2019-2020 school year.
- What:** The program will consist of lifting weights and conditioning training with an emphasis on improving strength, agility, speed, and endurance.
- For more information:**
Call: (361) 648-8485 or
E-mail: misty.boenig@visd.net
- Mail Form to:** Misty Boenig
Victoria East High School
4103 East Mockingbird Dr
Victoria, TX 77904

Athletes have the opportunity to participate in a strength, speed & agility program to prepare them for their next year's competition. Victoria East coaches will supervise & monitor all athletes. Athletes will only be allowed to work out 2 hours per day.

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Name _____ **Grade (2019-2020)** _____

Address _____ **City** _____

Phone _____ **Email** _____

School Attending (2019-2020) _____

Parent/Guardian _____

Home Phone _____ **Work Phone** _____

Waiver of Claims: I as parent or guardian, hereby, give permission for my child to participate in the Girls Victoria East High School (VEHS) Strength & Conditioning Camp and certify that she is physically able to participate in camp activities. I hereby authorize the coaches for the Girls VEHS Strength & Conditioning Camp to act for me according to their best judgments in an emergency requiring medical attention and knowledge that I will be responsible for any cost incurred due to sickness or injury to my child.

I agree to indemnify and save harmless Victoria ISD Schools and coaches for any suits, actions, claims, penalties and expense, including attorney's fees of any character, type or description, property, arising out of and occasioned by, or attributed to, directly or indirectly, my child's participation in the Girls VEHS Strength & Conditioning Camp, including claims and damages arising in whole or in part from negligence of Coaches, Victoria ISD Schools, its employees, agents, and attorneys.

Signed by: _____ **Date:** _____
Parent/Guardian

Please Mail form to: Misty Boenig
Victoria East High School
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Victoria, TX 77904

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