



## 2018 Columbia Roughnecks Strength and Conditioning Camp

### Camp Dates:

- June 11<sup>th</sup>-June 14<sup>th</sup>
- June 18<sup>th</sup> -June 21<sup>st</sup>
- June 25<sup>th</sup>-June 28<sup>th</sup>
- July 9<sup>th</sup> -July 12<sup>th</sup>
- July 16<sup>th</sup> -July 19<sup>th</sup>
- July 23<sup>rd</sup>-July 26<sup>th</sup>

### Camp Sessions:

- Monday -Thursday Only
- 9:00 – 11:00 am

### Camp Site:

- **Male Athletes**--Columbia High School Athletic Field House
- **Female Athletes**—Columbia High School Gym

**Eligible Campers:** Incoming 7<sup>th</sup>-12<sup>th</sup> grade students

**Cost:** NO COST

### **Camp Objectives:**

- Y Increase strength, stamina, and flexibility
- Y Improve speed, quickness, and reaction time
- Y Provide information on healthy nutritional programs
- Y Student-Athletes will be provided a snack by the Be a Champion Program

**Camp Instructors:** Columbia High School Coaching Staff

**Contact Person:** Brent Mascheck (979) 345-7602 or [brent.mascheck@cbisd.com](mailto:brent.mascheck@cbisd.com)

### **Registration Form:**

Name: \_\_\_\_\_ Incoming Grade: \_\_\_\_\_

Parents: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone Number: \_\_\_\_\_

### **Waiver of Liability**

I/We the undersigned, for ourselves, or heirs, waive, release, and forever discharge the Columbia-Brazoria 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 and payment as stated in this application and fully understand that payment(s) is non-refundable.

**Participant Signature:**

\_\_\_\_\_

**Parent/Guardian Signature:**

\_\_\_\_\_