

LADY RATTLER

STRENGTH AND CONDITIONING

“PHAT” CAMP ‘09

SUMMER TRAINING for incoming 9th – 12th grade female athletes:
weights, flexibility, plyometrics, jump training, speed, and agility

June 15th – July 23rd
Monday, Tuesday, and Thursday
(off July 2nd)
9:15-10:45

REAGAN HIGH SCHOOL WEIGHT ROOM AND GYMNASIUM

CAMP DIRECTORS: Mike Carter Head Volleyball and Reagan Girls Coaching Staff

COST: \$75.00 (payable to Reagan High School)

Turn in to Coach Carter or mail to:

Coach Carter 28536 Verde Mtn. Trl. San Antonio, Tx 78261

e-mail questions to gmikec@gvvc.com

NAME: _____ GRADE 9th 10th 11th 12th

HOME PHONE _____ PARENT CELL _____

ATHLETES CELL _____ TEE SHIRT SIZE(adult) _____

SPORT(S) _____

ASSUMPTION OF RISK AND RELEASE OF ALL CLAIMS: All athletes will be coached, instructed, and conditioned to compete at the peak of their abilities. Despite efforts made by NEISD, its coaches, and personnel to provide proper conditioning, protective equipment, and following safety procedures during athletic participation, not all injuries can be prevented. Neither the U.I.L. nor NEISD assumes any responsibility in case an accident occurs.

I understand, upon signing this document, the parent/legal guardian and athlete acknowledge the possible risk of injury present in athletic participation. In addition, I hereby agree to release NEISD and its trustees, officers, employees, and volunteers (collectively, the indemnities”) and to indemnify and hold the indemnities harmless from any and all actions, claims, liability, and expenses, whether known or unknown, present or future relating to or arising from students participation in school related activities.

Parent Signature: _____ Date: _____