

### **Release of Liability:**

I, the undersigned parent/guardian of

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authorize said child's full participation in the Central Charger Speed/Strength & Conditioning Camp including related activities. It is my understanding that the activities that make up the Central Charger Speed/Strength & Conditioning Camp are not without risk of injury. As such, in my consideration of my child's participation in the Central Charger Speed/Strength & Conditioning Camp, I hereby release, waive, discharge, and covenant not to sue the camp, Keller ISD, their officers, agents or employees from any liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, damage, or injury that may be sustained by the child, whether caused by negligence of the releas- es, or otherwise while participating in such activity or while in, on, or upon premises where the activity is being conducted. I also agree to follow all instructions and procedures in order to maintain a maximum level of safety. I understand that I should make sure my child is covered with family, insurance in the event of a serious accident. I also give permission for any emergency medical care or treatment by a physician, surgeon, hospital, or medical care facility that may be required including transportation and accept responsibility for the cost.

**Name of Parent Guardian (Please Print)**

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**Parent/Guardian Signature:**

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### **COST OF THE CAMP?**

**\$110**

### **MAKE CHECKS PAYABLE TO:**

**Keller ISD**

### **TO REGISTER:**

**Detach the registration/release form and send it with the student-athlete along payment. Please deliver form and payment directly to Coach Baker.**

**Central High School**

**Lady Charger Strength and Conditioning Camp**

**9450 Ray White Rd.**

**Keller, TX 76244**

***Everyone MUST enter and exit through door #15***

**For More Information**

**Call: Coach Lyndsay Baker**

**817-683-3213**

# **CENTRAL LADY CHARGERS**

**CENTRAL**



**Strength and  
Conditioning Camp  
2020**

## WHO CAN PARTICIPATE?

Incoming 9th-12th graders.

We encourage all athletes, regardless of their sport, to participate in this camp! The Central Coaching Staff is dedicated to establishing excellence, and building a strong future in all athletic programs at Central High School.

## WHERE WILL THE CAMP BE HELD?

In the Central High School weight room, gym and track

## WHEN WILL THE CAMP BE HELD?

### Dates:

June 8th, 9th, and 11th (Outside)

(No skills work 1st week)

June 15th, 16th and 18th

June 22nd, 23rd, and 25th

**June 30th-July 5th OFF**

July 6th and 9th

July 13th, 14th, and 16th

July 22nd and 23rd

July 27th, 28th, and 30th

Mondays: WR 8-9:30; Skills 9:30-10:30

Tuesdays: WR 8-9:30

Thursdays: WR 8-9:30; Skills 9:30-10:30

## WHAT ARE THE AREAS OF INSTRUCTION?

SPEED, AGILITY, POWER, EXPLOSION, QUICKNESS, & CONDITIONING!

## WHAT ARE THE BENEFITS?

Improving speed, agility, explosion, strength, and quickness will increase overall performance of the athlete.

The intensive seven week program will help mold our participants into better athletes.

Our ATHLETIC PROGRAMS will thrive with the improved abilities of each athlete.

## WHO ARE THE INSTRUCTORS?

The highly motivated and experienced Central High School Coaching Staff.

## NEW FOR 2020!

Each athlete is required to fill out the COVID-19 Screening 30 min BEFORE each session. The form can be found at:

[tinyurl.com/CHSCOV19](http://tinyurl.com/CHSCOV19)

All athletes will be required to bring their own water bottle.

## REGISTRATION FORM

ATHLETE'S NAME

ADDRESS

DATE OF BIRTH

GRADE FALL 2019

PARENT/GUARDIAN NAME

WORK #

CELL #

EMERGENCY CONTACT PERSON

RELATIONSHIP

CONTACT #

Method of Payment (check one)

CASH PAYMENTS OF \$110

CHECK PAYMENT OF \$110

**PAYABLE TO: Keller ISD**

PLEASE DELIVER YOUR FORM AND MONEY DIRECTLY TO COACH BAKER

Email: [Lyndsay.Baker@kelelrisd.net](mailto:Lyndsay.Baker@kelelrisd.net) for VB

[Katie.Welborn@kellerisd.net](mailto:Katie.Welborn@kellerisd.net) for SB

[Robert.Barker@kellerisd.net](mailto:Robert.Barker@kellerisd.net) for BB