

MEDICAL CONSENT FORM

PARENT/GUARDIAN: I authorize the camp personnel to act for me in case of any medical emergency. I understand I am responsible for all medical fees associated with any injury that may occur. My child is physically fit to participate in any vigorous activity that might take place at Alvin ISD Sports Camps. By my signature below, I hereby release and forever discharge, and waive, any and all claims against Alvin ISD, its employees, sponsors, trustees, workers, and volunteers that relate to my election regarding and/or my child's participation in the Alvin ISD Sports Camp.

NOTE: The Shadow Creek Training Camp staff reserves the right to send a camper home for disciplinary reasons without a refund.

Applications will not be accepted unless signed.

Signature of Parent/Guardian Date

Print Name of Parent/Guardian

Health Insurance Co. & #



Shadow Creek High School
Attn: Athletics
11850 Broadway
Pearland, TX 77584



Summer Squad Camp

**Strength, Speed, &
Agility Training**
for all sports

June 4—July 19

Monday-Thursday
No Camp the week of July 4th

Attack-Compete-Finish

Shadow Creek HS

Strength, Speed, & Agility Training



TRAINING PHILOSOPHY

Shadow Creek High School TRAINING CAMP is a hands-on approach for ALVIN ISD 7th-12th grade athletes desiring to improve their athletic ability. The camp will be conducted by the SCHS coaching staff.

The training is designed to give a strong foundation in strength and conditioning. It is our commitment to improve each athlete's strength, speed, agility, and quickness.

Athletes will be divided by age and grouped by ability. Beginners will learn proper weightlifting technique. Advanced athletes will learn and perform advanced lifts. All will work on flexibility, speed and agility.

Commercial programs work to enhance the same foundations as mentioned above, but at a higher cost to each athlete. With similar programs being conducted by school personnel, the cost is lower and funds generated stay within Alvin ISD. Training together helps build unity and camaraderie among student-athletes.

Participants will need to provide their own shorts, shirts, and shoes.

All participants must have a physical on file.

CAMP INFORMATION

JUNE 4—JULY 19

Session 1

Incoming 9th — 12th grade
(Male Athletes)
8am to 10am

Session II

Incoming 9th — 12th grade
(Female Athletes)
Incoming 7th — 8th grade
(Male & Female Athletes)
10am — 12pm

Sessions Monday—Thursday only.

No camp the week of July 4th

\$85 per athlete before 5-1-18

\$90 per athlete after 5-1-18

Online payment myschoolbucks.com

Cash or Checks payable to:

Alvin ISD Athletic Department

Conducted at SCHS

Use Kirby Entrance at Back of SC

REGISTRATION FORM

Name: _____

Phone: _____

Address: _____

City, Zip: _____

Parent/Guardian: _____

Phone: _____

Parent/Guardian: _____

Phone: _____

Sport(s): _____

Grade entering Aug. 2018 _____

T-shirt Size: (adult only)

S M L XL XXL

Camp Cost: \$ 85 until 5-1-18

\$ 90 after 5-1-18

Online: myschoolbucks.com

Cash or Checks Payable to:

Alvin ISD Athletic Dept.

Completed registration form required.
Please see back of page.