

2015 WYLIE PIRATE SUMMER STRENGTH & CONDITIONING CAMP

For Jr. High and High School Athletes

We would like to invite you to the 11th annual Wylie Pirate Summer Strength & Conditioning Camp. The six week camp will provide each athlete a comprehensive Strength and Conditioning Program aimed at increasing each individual's speed, strength, agility and flexibility along with an increased knowledge of nutrition. Our goal is to increase each camper's overall athletic ability to pursuing a program geared toward creating power and speed. Each camper will be given hands on instruction on proper lifting and running techniques.

- The camp will begin on Monday, June 15th and end July 30th. There will not be a camp the week of June 29th – July 2nd. Each session will take place Monday through Thursday. Athletes will be required to wear appropriate clothing and shoes. Athletes will meet each day at the IMPAC building located behind Wylie High School.
- You will attend one of these sessions base on your child's grade for 2015/2016. Session 1 will be from **7:30 am – 9:30 am** (Male athletes' grades 9-12). Session 2 will be from **10:00 am – 12:00 p.m.** (Female athletes 9-12 and Incoming 7th and 8th boys and girls)
- This camp will be coordinated by Kenny Wilkerson, Strength and Conditioning Coordinator . Assistants will include coaches from multiple male and female sports.
- Contact Kenny.wilkerson@wylieisd.net or heather.damron@wylieisd.net with any questions
- Please choose one of these Payment options. **Payment Plan A.** Pay early by May 29th, camp is \$90. **Payment Plan B.** \$20 per week. Make check out to **Wylie High School - Wylie ISD**. No payments will be refunded.
- We have added an Online Payment Option at the Wylie ISD Athletic Website <http://www.wylieisd.net/Domain/594>

Please make check payable to Wylie High School/Wylie ISD

Registration Information

Last, First Name	
Home address	
Home phone	
Mobile phone	
Home e-mail address	
Height & Weight	
Parent's Name	
Parent's Daytime Phone	
Deposit Cash <input type="checkbox"/> Deposit Check <input type="checkbox"/>	
Session 1 or 2	
Grade entering 2015 -2016	

- **Assumption of Risk/Release of Liability:** It is understood that Wylie ISD does not provide medical insurance covering injuries of any nature incurred during the 2015 sports camps. The undersigned hereby releases Wylie ISD from any and all claims, demands, and causes of action whatsoever in any way growing out of or resulting from participation in any of the camps. All participants should be covered by their own insurance policies.
- Checks or Cash can be turned into Coach Damron or Coach Wilkerson (in office of IMPAC Building)

Signature of Parent or Guardian _____ Date _____