

Poudre High School Strength & Conditioning Camp Registration Form



8 week camp at Poudre High School

High School Students, \$100

Mon, Tues, and Thurs 8 am - 10 am

Middle School Students, \$75

Wed and Fri 8 am - 10 am

*Grade level based on grade of Fall 2014

Poudre High School's Strength and Conditioning program is designed to develop and enhance all students, both mentally and physically. Our goal is to spend 8 weeks developing strength, speed, power, explosiveness, agility, coordination and balance to help all students improve athletic performance, overall physical fitness, and develop a healthy mental approach to strength and conditioning.

We love coaching, and our goal is to provide a fun and productive summer for all who participate!

Coach Cascarina & Coach Allen

DATE AND TIME

June 9th - July 29th, 2014

8 - 10 am

PLACE

PHS WEIGHTROOM

COST

\$100, grade 9 - 12

\$75, grade 6 - 8

Contact Information

Lindsey Cascarina

(530) 355-7884

lcascari@psdschools.org

Alex Allen

(970) 460-6563

allen4ahs@gmail.com

Name _____

Street _____

City, State, Zip _____

Phone _____

Age _____ Grade (In fall) _____

T-Shirt Size: (circle one)

Youth S Youth M Youth L
Adult S Adult M Adult L
Adult XL Adult XXL

Parental Medical Information & Wavier Permit

The undersigned, in consideration of his/her child in the Poudre High School Strength & Conditioning Camp, does hereby waive, release, and forever discharge the Poudre High School Strength & Conditioning Camp and their agents and employees for any and all injury or damages sustained by the participants or his/her parents, legal guardians, representatives, heirs, or successors arising from or out of the same participation. In addition, the undersigned does hereby agree to indemnify and save harmless the Poudre High School Strength & Conditioning Camp and their agents and employees from any claims or demands whatsoever for loss, cost, injury, or damage arising from the participation of his/her child/children in the above-mentioned activity, including but not limited to negligence of said child/children.

Furthermore, I give permission for medical personnel and health care providers to render whatever medical care and/or treatment they deem appropriate for my child, while attending the Poudre High School Camp.

Parent / Guardian Name _____

Emergency Contact Number _____

Student's Signature _____

Parent / Guardian Signature _____