



# LADY TIGER

Summer Strength & Conditioning Camp

June 11-29, July 9<sup>th</sup> – July 19<sup>th</sup>

Tiger Arena

9:00 – 10:00 AM for girls entering 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade

Campers will work together as a team improving on strength, speed, and agility throughout the summer. They will work out Monday – Thursday.

Cost of the camp is \$30.00

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Cut here

Name \_\_\_\_\_

Address \_\_\_\_\_

Parent/Guardian name \_\_\_\_\_

Daytime phone number \_\_\_\_\_

Please bring the bottom portion of this form along with your payment and turn it in to any girl's coach.

Please make checks payable to: **Sandy Langford**

#### Parent Release

I hereby release the Lady Tiger Strength & Conditioning Camp and each of its instructors from any and all liability as a result of any injury which may occur during my child's participation. I fully understand as a parent/guardian, I am responsible for any and all medical expenses which may be incurred as a result of any accidental injuries.

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Parent/Guardian Signature

Date