

# **2019 Bulldog Pride Strength and Agility Summer Camp**

## ***Camp Coordinators***

Alvord Coaching Staff

## ***Purpose***

The purpose of this program is to enhance individual athletic performance in strength, power, speed, and quickness. This is a training approach used to benefit athletes in all areas of competition such as volleyball, football, basketball, baseball, softball, golf, track, powerlifting, and cross country. The overall goal is to help our athletes become faster, quicker, and stronger so they can reach their potentials in their individual sports.

## ***Age Group***

All boy and girl athletes entering 7<sup>th</sup>-12<sup>th</sup> grades

## ***Camp Dates:***

June 10-July 25 (Mon-Thurs)

*No Camp the week of July 4 (July 1-4)*

***Camp Time: 9:00 AM-10:30 AM***

***Camp/Instruction Costs: FREE***

***Team Sport Instruction Times: 10:45 AM-12:45 PM***

*(See Bulldog Athletics Calendar for sport-specific dates.)*

*{Ind athletes will not exceed the UIL allotted 2 hours of instruction per week}*

## ***Camp Location***

Alvord High School Campus-Weight Room/Football Field/Gym

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Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade Entering: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

By signing below, parents agree to the following: I hereby agree to allow my child to attend the Alvord Strength and Agility Camp. This authorization shall waive, release, and absolve the camp staff and employees from any liability for all injuries and/or illnesses occurred at camp. Alvord Strength and Agility Camp is not responsible for any items lost at the camp. I give permission for the staff to act for me in their best judgment in an emergency concerning my child. I also certify that the above mentioned participant does not have any physical problems which would impede him/her from participating in the clinic activities.

Parent/Guardian Signature: \_\_\_\_\_