2017 Brock Boys Strength and Conditioning Program

Brock's summer strength and conditioning program will be run by Brock High School coaches. This is an opportunity for Brock athletes to continue to build speed and strength and maintain conditioning throughout the summer. Brock's success in athletics depends on its athletes being in competitive shape.

Location: ***BROCK HIGH SCHOOL FOOTBALL WEIGHTROOM AND FOOTBALL FIELD***

Times: ***8:00a.m.-9:30a.m. for incoming 9th-12th grade boys***

9:00a.m.-10:30a.m. for incoming 7th and 8th grade boys

- **Times are subject to change depending on number of athletes**

Attire: **Boys need to wear appropriate workout gear and shoes**

Cost: **$100 per athlete.** ***Please make checks payable to Chad Worrell-Summer Cond. Camp***

The following are the dates for the camp:

June 5-8 June 12-15 June 19-22 June 26-29 July 10-13
July 17-20 July 24-27

- **Coaches understand that some athletes may need to miss some days because of prior commitments. Going on vacation should NOT keep an athlete from participating in this program. Per UIL rules, attendance is voluntary, but attendance will be kept.**

Athlete's Name:_____ Incoming Grade:_____ Shirt Size: AS AM AL AXL AXXL

Parent's Name:_____ Phone:_____

Medical Treatment-Consent and Release Authorization:

We the undersigned, for ourselves, our heirs, executors and administrators, waive, release, forgive and discharge Brock ISD, Brock ISD employees and coaches from all rights and claims for damages, injuries, or loss of person or property which may be sustained or incurred during participation in the Summer Strength and Conditioning Program activities while on Brock ISD property. I also give my permission for my child to be treated at a local hospital in case of emergency.

Parent Signature:_____ Date:_____