



# 2017 Summer Strength & Conditioning Program

The focus of the program is to improve the following aspects of athleticism:

**\*STRENGTH**

**\*SPEED**

**\*AGILITY**

**\*CONDITIONING**

**\*EXPLOSION**

**\*QUICKNESS**

**\*FLEXIBILITY**

**TIMES:**    **8:00 - 10:00 AM**    **HS GIRLS** (entering 9th-12th grade)  
              **9:30 - 11:00 AM**    **JH GIRLS** (entering 7th & 8th grade)

**WEEKS:**    WEEK 1 - June 12-15  
              WEEK 2 - June 19-22  
              WEEK 3 - June 26-29  
              **OFF - July 3-17**  
              WEEK 4 - July 17-20  
              WEEK 5 - July 24-27  
              WEEK 6 - July 31-Aug. 3

**WHERE:**    Brock High School Gym Weight Room & High School Track

**COST:**     **\$100 for ENTIRE SUMMER** or **\$20 per week** on a weekly basis



**Name:** \_\_\_\_\_ **Grade (next school year):** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_

**Emergency Contact Number:** \_\_\_\_\_

**Mail Form & Fee to:**  
Jason Morales  
104 Eagle Moor Ln.  
Weatherford, TX 76087  
**OR**  
**Bring Form & Fee to:**  
Brock High School on  
June 12

**MAKE CHECK PAYABLE TO: JASON MORALES**

Waiver of Liability: As partial consideration for the acceptance of this application for registration, I, intending to be legally bound for myself, my heirs, executors, and administrators, hereby waive and release any and all claims I or my child have against activity officials, supervisors, instructors, representatives, trustees and or assignees for any and all damages, costs, expenses and attorneys fees which may be sustained, suffered or incurred by my child or me as a result of my child's association with or entry in this activity. By signing, I am also releasing BISSD, camp director and staff of any and all liability.