



2019 Spring Woods High School Summer Strength and Conditioning Camp

June 3rd – August 8th (Monday through Thursday) See back for complete calendar

7:45am–9:45am Available to incoming 7th graders – 12th graders

\$125.00 (Scholarships are available)

The objective is to help maintain and improve the athletes' level of physical strength, conditioning, flexibility, speed, and agility over the summer months in order to prepare for the 2019-2020 school year.

Location: Spring Woods High School

MAKE CHECKS PAYABLE TO: SBISD ATHLETICS

Spring Woods High School

Coach Cripps

2045 Gessner

Houston, Texas 77080

Any questions please call Coach Cripps at 832 724-6160 or email keith.cripps@springbranchisd.com

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2019 Spring Woods High School Summer Strength and Conditioning Camp

Registration & Waiver Form

I, the undersigned, being the individual, parent or legally authorized guardian of _____, agree to hold the Spring Branch Independent School District, its Board of Trustees, administration, and/or faculty, harmless from all liability for any injuries which my child may receive while participating in any recreational activities or utilizing the Spring Branch Independent School District facilities. I herewith authorize the Director, supervisor and/or district employee to secure medical services for any family member if necessary, and I agree to pay either directly or through my own personal health and accident insurance policy, all medical or hospital costs.

Name of Parent/Guardian: (please print) _____ Phone #: _____

Signature of Parent/Guardian: _____ Date: _____

Athlete/Participant Information:

Last Name: _____ First Name: _____ Birthdate: _____ Age: _____

Home Address: _____ City: _____ Zip: _____

Home Phone #: _____ Alternate Phone #: _____

School Attended in 2018-2019: _____ Grade in 2019-2020: _____

In case of emergency and parents cannot be reached, contact the following:

Name: _____ Relationship to Participant: _____ Phone: _____

Any concerns, medical conditions or allergies – please list: _____

***A current physical and consent to treat form must be on file with SBISD before an athlete may participate.**