



Northbrook High School



Raiders Strength and Conditioning Camp 2019

Flexibility, Agility, Strength, Speed Training for Boys and Girls Athletics

When: June 10- 13, June 17-20, June 24

*No Camp the week of 4th of July

Resume July 8, 11, 12, July 15-18, July 24-26,

Last Week of Camp July 29-Aug 1 (26 Total Days)

Where: Northbrook High School Weight Room, Gyms, Track, and Practice Fields

Session: 9:00 -11:00 am

Who: ALL INCOMING 7 - 12th grade athletes (Boys and Girls) from Northbrook HS and its feeder pattern.

Items Needed: Must have a current physical on file. Workout shoe, cleats, and workout gloves, if desired. Shower and restroom facilities are provided along with water stations. We ask that you please utilize our equipment and leave all coolers, cups, water jugs, etc. at home. We will provide water breaks regularly throughout the entire workout. There will be no sport specific skills taught or practiced per U.I.L. regulations during SAC. We will work-out the entire two hours allowed, with approximately 40 minutes per rotation: flexibility, agility, strength, and speed.

Cost: Camp tuition is \$125. Discounted rates and scholarships approved by Coach Sciba.

Transportation: Bus transportation will be provided.

Camp Directors: Coach Sciba

Camp Staff: Led by Northbrook High School Coach Staff

NHS Athletic Office: 713-251-2821

Camp Attending: Raider SAC Camp 2019

Student's Name: _____ Grade for 2019-2020 School Year: _____

Address: _____ City: _____ Zip: _____

Parent/Guardian Name(s): _____

Home Phone: (____) _____ Work Phone (____) _____ Cell Phone: (____) _____

Parent email: _____

Emergency Contact Person: _____ Emergency Contact Phone: (____) _____

I hereby authorize the coaches of Northbrook High School SAC Camp to act for me, in accordance with their judgment, in any emergency requiring medical attention. I further waive and release the Northbrook High School of liability for any damages from the injuries and/or illness sustained at the camp. I know of no mental or physical condition which might affect my child's ability to safely participate in the camp. I have included a copy of my child's latest physical and have notified the camp instructors of any physical ailments my child has experienced of which they should be aware.

Parent's Signature: _____ Date: _____