

**SPEED**

**AGILITY**

# 2019 MEN'S FALCON CAMP

**POWER**

**STRENGTH**

## ATHLETES ENTERING GRADES 4-12

Hanford Falcon coaches believe in developing our athletes one rep at a time. Our roster development begins in our off-season at Falcon Camp, so our athletes are physically and mentally ready to compete at the highest level by the time their athletic season begins. Our camp will emphasize speed, agility, strength, and power development. In addition to our athletes' physical development, we will shift and focus on sport specific skill development. Athletes will test at the beginning and end of camp to show gains. Attendance will be emailed weekly to all head coaches at Hanford High School.

## REGISTRATION INFORMATION

Registration and payment can be delivered or sent by mail to Hanford High School, or **ONLINE**:

Falcon Camp  
Hanford High School  
450 Hanford Street  
Richland, WA 99354

Payment must be in the form of a personal check, money order, or cashiers check made out to Richland School District, & CREDIT/DEBIT

**ONLINE:** <https://wa-richland.intouchreceipting.com/>

## AWARD WINNERS

2015 Summer: Most Improved: AJ Wiegand  
MVP: Dimitri Fonti  
2016 Winter: Most Improved: Eli Zavala  
Top Newcomers: Marcus Romero & Kamari Durmas  
MVP: Max Busselman  
2017 Summer: Most Improved: Zach Hinton  
Noah Wahlstrom  
Top Newcomers: Eddie Werner  
MVP: AJ Wiegand & Vincent Walsh  
2017 Winter: Most Improved: Casey Moddrell, Gabe Martinez, Nahom Gebretatios  
Top Newcomer: Epic Snow  
MVP: Gunnar Beyer  
2018 Summer: Most Improved: Konner Oberman  
Top Newcomer: Briar Tousley, Gaige Bracy  
MVP: Zach Hinton  
2108 Winter: Most Improved: Amir Deng, Mason Gilmour  
Top Newcomer: Briar Tousley, Calvin Clizer  
MVP: Isaiah Mitchell, Colton Bozich

**OUTWORK EVERYBODY  
OUTWORK EVERYBODY TOGETHER**



**"THE FALCON WAY"  
EXCEEDING ALL EXPECTATIONS**

## CAMP DETAILS

**Location:** Hanford HS  
Weight Room  
**Dates:** June 17-18 &  
June 24-Aug. 9  
(Regular Time)  
**Time:** HS Males 7-9 AM  
MS Male 9-10 AM  
**Camp Fee:** \$80 (includes  
camp t-shirts)  
**Payment:** Cash, Checks,  
Debit, Credit,  
Online  
**Player Gear:** Athletic shorts,  
athletic shirt,  
athletic shoes  
\*Middle school campers begin on  
June 24th

## CAMP HIGHLIGHTS

- \*Campers coached by Hanford High School Coaching Staff
- \*Camp T-Shirt
- \*NEW DRILLS AND TECHNIQUES
- \*Participants grouped by age and gender for maximum results
- \*Agility, plyometric, speed & power training
- \*Marine Corp Combat Challenge, July 31st
- \*Sport Specific Training
- \*Nutritional guidance for maximum results
- \*CAMP MVP'S WILL BE ANNOUNCED and the GOLD award shirt will be handed out once the camp ends

## CAMP REGISTRATION FORM

**Name:** \_\_\_\_\_ **Grade:** \_\_\_\_ **Gender:** M or F  
**Parent(s) Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_  
**Home Phone:** \_\_\_\_\_ **Work Phone:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_  
**Email:** \_\_\_\_\_  
**Physician:** \_\_\_\_\_  
**Physician Phone:** \_\_\_\_\_  
**Emergency Contact:** \_\_\_\_\_  
**Emergency Phone:** \_\_\_\_\_  
**Camp T-Shirt Size:** YM YL YXL S M L XL XXL

## INSURANCE INFORMATION

Participants are required to have health insurance coverage for injury and/or accident to enroll in our 2<sup>nd</sup> annual Falcon Camp. I verify that \_\_\_\_\_ has medical insurance with: \_\_\_\_\_ (Participant) (Insurance Company)

which effectively covers any medical cost incurred as a result of participation in the 2019 Falcon Camp. Furthermore, I authorize the Hanford High School staff to seek any necessary emergency medical treatment my child may need during the course of the Camp.

As the parent/legal guardian of \_\_\_\_\_ (Participant) I acknowledge the potential risk of injury related to physical activity associated with participants in our Falcon Camp and assume all risks and hazards are incidental to the conduct of the camp activities.