

Summer conditioning Track and Field 2023!

Where: At Davis High School

When: Monday and Wednesday from 10:30 am to 12:30 pm.

Cost: \$100.00

Where the does the money go? This is a fundraiser. The money is used to pay coaches for running the camp and goes into the general operation budget for track.

What's is included with the cost: Training in the school fitness center with a coach focusing on your individual events, speed and agility work and hurdle work(For hurdlers).

What are the dates of the conditioning? June 5, 7th, 12th, 14th, 21th*, 26th, July 5th, 10th, 12th, 17th*, 19th*, 26th*, 31st*, August 2nd*

Coaches Who will help? Coach Porter Sweat will do the speed and hurdle work

Coach Mahala Pedersen will be over the strength and conditioning

Coach Seth Fortin, Coach Lucia Fortado and Coach Jeffrey Agnello will help as well.

Other Coaches to Be Announced and Subject to Change depending on the number of athletes that sign up for the camp.

What to bring? Running clothes, drinks, running shoes, track spikes (if you have them), sunscreen and snacks when you need them.

When is the money due? The money is due before coming the first day you come. There are NO REFUNDS for participating in this. If we have less than 10 people sign up then we may cancel this and in that case you will be fully refunded.

What if I cannot attend each day will it be cheaper? This becomes very difficult to manage. We would prefer the athlete to be at camp everyday so they do not miss important information. It isn't any cheaper if you cannot attend all the dates.

What if there is Bad Weather?

We will be in the small weightroom when that happens.

Where do we meet?

You will meet in the small weight at 10:30 am ready to go on the dates listed above.

Insurance Policy# _____

Parental Consent and Waiver of Liability:

_____(Name of Student/Participant) has my permission to attend and fully participate in this camp. Participants in the camp will be involved in strenuous physical activity and injury may occur. In the event of a serious injury or accident, I understand that the attempt will be made to contact me by telephone. If such contact is not possible needed emergency treatment may be given in the best interest of the student/participant. I accept financial responsibility for all accident or related cost which are not covered by my health and/or accident insurance. Further, I understand that Davis High School does not provide accidental medical insurance for participants in camps hosted by the school. I do hereby release and agree to hold harmless Davis High School and its coaches for all claims, demands, actions and causes of action at law arising by reason or in manner growing out of participation in this camp.

Agreement/Release of Liability

_____	_____	_____
Student's Signature	Parent's Signature	Phone number
_____	_____	_____
Date	Date	Alternate Phone number