

Payments need to be made on-line.



## 2024 Lady Panther Strength and Conditioning 7th through 12th Grade

### 7 Week Program:

Week 1	June 3 - 6	CLOSED	July 1 - 4
Week 2	June 10 - 13	Week 5	July 8 - 11
Week 3	June 17- 20	Week 6	July 15 - 18
Week 4	June 24 - 27	Week 7	July 22 - 25

**Session Time: 8:00 - 9:00 am**  
**Location: Bullard Middle School Gym**  
**Cost of the camp is \$25**

**Athlete Name:** \_\_\_\_\_

**Grade for 2024-2025:** \_\_\_\_\_ **Parent Cell:** \_\_\_\_\_

**Parents Name:** \_\_\_\_\_

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

### Send Registration To:

**Bullard Athletics**  
**Attn: Cristy O'Bannon**  
**1426 South Houston St**  
**Bullard, TX 75757**  
**cristy.obannon@bullardisd.net**

The Panther Power Camp will be run by Bullard ISD coaching staff and focus on:

**Power & Strength-** athletes will engage in a weight program to increase explosive power and strength under the supervision of coaches

**Speed & Agility-** drills with an emphasis on acceleration, change of direction and maximum speed

**Flexibility and Mobility-** athletes will increase muscle flexibility and mobility through proper mechanics and exercises designed to increase full range of motion

**Injury Prevention-** athletes will use increased flexibility, mobility, core strength and proper mechanics to reduce the likelihood of future injuries

**Disclaimer: I will not hold Bullard ISD or any camp staff liable for any damages, losses, or injury, which might result from my child's participation in the camp; I hereby grant permission for the camp staff to secure medical services for my child if necessary.**

**Parent Signature:** \_\_\_\_\_