



Falcon Pride

2025 Football

Summer Program

Cost: \$100 for 6 weeks

This is much less than any fitness camp or workout facility.

-The cost can be paid in monthly installments.

Cash and Checks accepted

Make Checks Payable to:
Falcon Pride

All payments must be made at registration

If you have questions, please email Coach Jason Young at
jyoung@ldisd.net

Falcon Pride Philosophy

Falcon Pride is a program designed to develop the power, speed, strength, flexibility and overall athletic ability of the athletes at Lake Dallas ISD. The program is designed to develop athletes physically, mentally and emotionally. The program is open to boys that will be entering the 7th grade or higher in August 2025. Regardless of the sport or sports that they are involved in, Falcon Pride provides a great opportunity for young men to grow and develop as athletes.

Falcon Pride sessions are as follows:

8:00 am all incoming 7th & 8th grade boys M-Thurs (Field house)

9:00 am all incoming Freshman Boys & listed M-Thurs (Field house)

10:00 am 10th, 11th, and 12th grade boys M-Thurs (Fieldhouse)

Workouts will be the weeks of - June 8th, 15th, 22nd,
- July 6th, 13th, 20th

The Workout

The first part of the workout will focus on the development of Strength, Core Strength, Flexibility, & Agility.

The second part of the workout will be:

Speed School - 2 x per week
&
Football Skills 2 x per week

Athletes Name: _____

Grade in Fall: _____

Address: _____

City & State: _____

Phone: _____

Sports Played: _____

In consideration of the LDHS Falcon Pride Program and granting permission to participate, I hereby state that the LDHS Falcon Pride Program is not responsible for any pre-existing injury, recurrence of any undisclosed pre-existing injury or illness of the above athlete. I further acknowledge and release the Lake Dallas Independent School District, staff and all participants in said program, from liability, including claims and suits at law or in equity, for injury which may result from the athlete taking part in the Falcon Pride Program. (Initial) _____

I, as a parent or legal guardian, acknowledge and fully understand that the participant will be engaging in activities that may result in injury. Further, that there may be other risks not known to or is not reasonably foreseen at this time. I hereby consent to said minor's participation and assume all the risks of his or her personal injury that may result from the Falcon Pride Program. (Initial) _____

I, release, waive, discharge and covenant not to bring legal action upon the Lake Dallas Independent School District, Falcon Pride Program, employees, contractors, agents, all instructors, all participants and anyone associated with its operation.

Signature of parent or legal guardian

Date
