



ANDERSON HIGH SCHOOL ATHLETICS

SUMMER STRENGTH & SPEED CAMP

JUNE 14TH - JULY 22ND

The Anderson High School Athletic Department will conduct a *Summer Strength & Speed Camp* for Trojan high school athletes entering grades 9-12 and middle school athletes entering grades 7 and 8. The instruction will be generalized to improve both overall strength and speed. There will be no sports specific instruction. Emphasis will be placed on the fundamentals of movement such as core strength, sprinting, lateral movements, endurance and jumping that every sport requires. The *Summer Strength & Speed Camp* will be conducted at Anderson High School in the weight room, on the track and on the practice fields. Sessions are scheduled for each day, Monday through Thursday, and are determined by grade level for the 2010-2011 school year. The First Session is from 7:00am to 9:00am and is for incoming 10th through 12th graders. The Second Session is from 9:00am to 11:00am and is for incoming 9th graders. The Third Session is from 11:00am – 12:00pm and is for incoming 7th and 8th graders. Students may only attend one session per day. Attendance is not mandatory but will be recorded. “Make-up” sessions will not be offered. The registration fee is based on incoming grade level: 9th-12th grade is \$150.00 per participant; 7th – 8th grade is \$75.00 per participant. Participants are required to provide their own transportation, shorts, shoes and shirts. Water will be available but participants are encouraged to bring their own water or sports drink. Pre-Registration must be received in the Coaches Office by May 29th; however, registration will be available on the first day of the program.

Registration Form

Student’s Name	2010-2011 Grade	
Mailing Address		
Home Phone		
Parent’s Name	Parent’s Work Number	Parent’s Cell/ Other Number
Emergency Contact Name	Emergency Contact Number	

Waiver of Liability

I, as a parent or guardian, hereby give permission for my child to participate in the Anderson High School *Summer Strength & Speed Camp* scheduled for June 14th through July 22nd. I acknowledge that he/she is physically able to participate in all camp activities that have been described in the information brochure. I hereby release and forever discharge Anderson High School, Austin Independent School District, its employees, agents and contractors, in both their public and private capacities from any/all liability, claims, suits, damages or cause(s) of action whatsoever for any property damage or personal injury sustained by my child that may arise in connection with any camp activities. I also give my permission for any emergency medical care that may be required as a result of any injury.

Parent’s Signature	Date
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Payment Information: \$150.00 Incoming 9th – 12th Grader \$75.00 Incoming 7th & 8th Grader
(Please make checks payable to: Anderson High School)

A waiver of camp fees is available to lower income families who qualify. A waiver application form is available in the Coaches Office or the Main Office at Anderson. Students may complete and return the waiver application form with their camp registration. The Athletic Coordinator and/or Camp Coordinator will review all waiver application forms.

Mail To: Anderson High School Athletics
Attn: Mark Reiland
8403 Mesa Drive
Austin, Texas 78759

Camp Coordinator: Mark Reiland, Athletic Coordinator
 (512) 414-7958
marcus.reiland@austinisd.org