

❧ WAIVER ❧

I, _____, parent of _____ do hereby give over and release unto the staff of Second Baptist School all authority and responsibility to authorize any and all medical treatment necessary for the protection of the health and well being of my child. This authorization shall be effective from June 6-July 21, 2011, inclusive; or until it is expressly revoked. I hereby release Second Baptist School and its staff from any and all claims and liabilities of whatsoever nature, both individually and collectively, that may arise from my child's participation in these camps.

Parent Signature

Date

SUMMER 2011

STRENGTH
TRAINING

STRENGTH

TRAINING

SUMMER 2011



❧ PHILOSOPHY ❧

In modern day athletics, performance enhancement training has become essential to compete at the highest level of a sport.

This camp is designed to provide Second Baptist School athletes with the knowledge necessary to maximize their physiological potential in all sports.

ABOUT THE CAMP

The Second Baptist School Summer Training Program is available to all current and incoming SBS athletes. This program is designed to give our male and female athletes the opportunity to gain a competitive edge through strength and conditioning. All athletes will benefit from this camp and are encouraged to attend.

Every athlete will participate in a dynamic warm-up to develop joint stability and flexibility, as well as balance, coordination, and body awareness. This will be done before moving up to strength training, speed, agility, and quickness development. Each of these development sessions will last approximately 50 minutes.

All speed and agility development training is based on developing the total athlete. Included in this facet of training will be drills to improve movement mechanics, first step quickness, explosive power, speed, agility, and deceleration for injury prevention.

INSTRUCTORS

Gary Wood, Sr., CPT/BFS

Bryan Ferree, C.S.C.S; NSCA-CPT; MS I

Gary Wood, Jr., BFS Certified

Corey Warren, BFS Certified

IMPORTANT DETAILS

June 6 - July 21, 2011 ~ Monday thru Thursday

7:30 AM - 9:30 AM Grades 9 - 12

9:30 AM - 11:30 AM Grades 7 - 8
All female athletes

4:00 PM - 6:00 PM Open to all age groups

These groups are preferred at these times, but you are encouraged to attend at a different time if you have a conflict, rather than miss a session.

Athletes should wear comfortable clothing for working out. Appropriate dress code will be enforced.

Jewelry or any valuable items should be left at home or put in a locker.

CAMP OPEN TO CURRENT AND INCOMING
SBS ATHLETES

FOR MORE INFORMATION
CONTACT SBS ATHLETIC DEPARTMENT
713.365.2321

SECONDBAPTISTSCHOOL.ORG

ATHLETE'S REGISTRATION INFO.

FIRST
NAME: _____

LAST
NAME: _____

GRADE FOR 2011-2012: _____

ADDRESS: _____

EMAIL: _____

ATHLETE'S CELL: _____

EMERGENCY CONTACTS:

NAME _____

CELL _____

NAME _____

CELL _____

Fees include a t-shirt. Please circle your size:

AS AM AL AXL AXXL AXXXL

 PAYMENT INFORMATION 

Cost: \$150 per athlete

Pay by Cash, Check, or Money Order

Check # _____

Checks payable to Second Baptist School

Submit Completed Registration Form to
Athletic Office