

Round Rock I.S.D. Athletic Department will conduct a *Summer Weight & Speed Camp (SWSC)* for its high school athletes.

The instruction given will be generalized and not sport specific. We will be focusing on every sport's basic functions such as sprinting, lateral movements, weight lifting, endurance, and jumping.

The SWSC program will be structured to enhance the athletes' foundation as well as focus on setting and obtaining goals. The participants' self-confidence will also increase due to their increase in physical ability and attainment of their goals.

The Summer Weight & Speed Camp will be conducted at Westwood High School in the weight room and on the practice fields.

The camp will be conducted June 8th through July 23rd. The camp will break between July 6th and July 10th and will restart July 13th.

Session I will be from 7:00 a.m. to 8:45 a.m. (Mon-Thu) and is for 11th and 12th graders (**Varsity/JV**).

Session II will be from 8:00 a.m. to 9:45 a.m. (Mon-Thu) and is for all female athletes. **Session III** is from 9:00 a.m. to 10:45 a.m. (Mon-Thu) and is for all 9th & 10th graders.

*If there is a conflict in times, arrangements can be made to attend another session.

Students may only attend one session a day involving the Summer Weight & Speed Camp.

Attendance is not mandatory but will be kept. "Make-up" sessions will not be offered.

The cost of the camp will be \$125.00 for two hours per participant for the camp.

Participants will need to provide their own shorts, shirts, and shoes.

Registration forms must be received by May 22nd, 2009. A late registration will require a \$15.00 late fee. Mail or Deliver to:

Westwood High School
c/o Summer Camps – Coach Jon Luke
12400 Mellow Meadow Dr.
Austin, Texas 78750

A waiver of camp fees is possible for campers of lower income families. A waiver form can be obtained from the Westwood athletic office, Coach Wood, or Coach Luke. Students are to return the waiver form along with their camp registration form. A decision to drop fees will be made based on the information provided.

A physical will be required to participate. In order to save time and money, please use the 2009-2010 RRISD Athletic Participation Forms. This packet can be used for this camp as well as athletics for the 2009-2010 school year.

If you participated in athletics at an RRISD school in 2008-2009, we can use your physical from that school.

Parent (Guardian) Permit

I hereby give my consent for the above named student to compete in RRISD approved summer weight and conditioning camp. I have read and understand that my child will abide by all school and camp rules. I also agree to be responsible for the safe return of all equipment issued by the school and will pay for any and all lost, stolen, or damaged equipment.

Assumption of Risk & Release of All Claims

I understand there is a possibility of injury to my child taking part in camp activities. I agree to be solely responsible for any medical or other expenses related to my child taking part in camp activities, including any injury, and agree to hold harmless RRISD and its officers and employees for any expense or damages resulting from any injury related to my child's participation in any camp activity.

Parent Signature

Student Signature

Payment

Weight & Speed Camp \$125.00

AMOUNT PAID \$ _____

Cash _____ Check # _____

(Driver's License # required on all checks)

WE DO NOT ACCEPT CREDIT CARDS

Summer Weight & Speed Camp

Please return this section with payment to Coach Anthony Wood (Westwood High School). Print all information in blue or black ink.

Student's Name & Grade For Next Yr

Camp Attending (Session I, II, or III)

Amount \$ _____

Check # _____

Mailing Address

Home Phone

Parent Name

Parent Work Number

Emergency Contact

Emergency Contact Number

ROUND ROCK **ISD**

Athletic Department
&
Westwood High School
Athletics

*Summer Weight &
Speed Camp*

WW

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