

WARRIOR STRENGTH & CONDITIONING SUMMER SESSION

The need for year round secondary athletic training and conditioning is more evident as the demands of the student/athlete increase. To maintain the development and competitiveness of the student athletes at SGP, it is critical for us to offer summer strength and conditioning programs to keep pace with our competitors.

These programs will provide the following:

- | | |
|--|---|
| * Program Continuity | * Acclimation to Summer Heat |
| * Promote team building | * Smoother Transition for 9 th Graders |
| * Stronger Student/Coach Relationships | * Increased Skill Level |
| * Safety in Strength Development | * Improved body control and agility |
| * Strong Work Ethics | * Strong Self-esteem |

LOCATION: SGP Student Activity Center and SGPHS Warrior Stadium

ELIGIBILITY: All incoming 7th -12th grade students who live in the GPISD attendance areas

REGISTRATION: Register through Coach Whitson (SGPHS Ath.Coord.) with form by **June 7th**.
Late

registrations accepted on a space available basis and should plan to arrive on site 30 minutes early the first day of participation.

DATES: June 17th – August 1st, *We will not work out the week of July 1 - 5

TUITION: \$55.00 for the 6 week session if paid by June 7, 2013. Late registration tuition is \$65.00 for same 6 weeks. Each week consists of 4 days of training M-TH.

10 th -12 th grade Males Session:	6:30 a.m. – 8:00 a.m
9 th grade males and 9 th -12 th grade females	8:00 a.m. – 9:30 a.m.
7 th /8 th grade males and females	8:00 a.m. – 9:30 a.m.

REDUCED TUITION (\$45.00) may be applied for if student/athlete qualifies for Free and or reduced lunch or is the child of a GPISD employee. Multiple participant families may qualify for discounts with early registration.

ENROLLMENT: Enrollment in the strength & conditioning sessions is voluntary and not mandatory for participation in GPISD athletics. Payment must be made prior to the start of the session and paid in full for the number of weeks enrolled.
All checks/money orders need to be made payable to GPISD Athletic Dept.

GUIDELINES: All UIL guidelines will be followed.

ATTIRE: Regular sport attire such as shorts, t-shirt, socks, tennis shoes. No workout attire will be provided.

INSTRUCTORS: Members of the South Grand Prairie High School Coaching Staff

Warrior Summer Strength & Conditioning Camp Application 2013

NAME: _____ ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PARENT OR LEGAL GUARDIAN: _____

HOME PHONE: _____ WORK PHONE: _____

GRADE LEVEL FOR 2013-2014: _____ SCHOOL ATTENDING IN 2013-2014: _____

BIRTH DATE: _____ HEIGHT: _____ WEIGHT: _____

SPORT OR SPORTS IN WHICH YOU PARTICIPATE: _____

EMERGENCY CONTACT (IN CASE PARENTS CANNOT BE REACHED):

NAME: _____ PHONE: _____

MEDICAL INFORMATION:

I hereby certify that _____ is physically fit to participate in the Warrior Strength & Conditioning Camp. I know of no physical impairments, which would in any manner, limit participation in such a program. Is there any pertinent information, which we might need regarding your athlete such as diabetes, epilepsy, etc? _____

It is understood there are possibilities of accidents surrounding strength and conditioning programs. The University Interscholastic League, Grand Prairie ISD, South Grand Prairie High School, and coaching staff are not to be held responsible for any injuries or accidents that may occur. If, in the judgement of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care

and treatment as may be given to the student by any physician, trainer, nurse, or school representative. I do hereby agree to indemnify and save harmless the school, Grand Prairie ISD and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

Parent/Guardian Signature: _____ Date: _____

Enrollment in Warrior summer strength and conditioning program is voluntary. To streamline the enrollment process, we encourage students to pay for this program with cash or money order. Personal checks will be accepted with proper identification, including driver's license number, address and telephone number. The charge for all returned checks is \$20.00. GPISD reserves the right to withdraw any student from the strength and conditioning program who fails to pay all amounts due, including satisfying any returned checks and fees, prior to the designated final payment deadline. To clear a returned check, the student must bring cash for the insufficient check and the returned check fee to the GPISD Athletics Office.

Mail Application along with Check to:

SGP Warrior Athletics

c/o Brent Whitson

Make Check Payable to:

301 W. Warrior Trail

GPISD Athletic Dept.

Grand Prairie, TX 75052-5799

If more information is needed feel free to call Coach Whitson @ 972-343-1537.