

# Knighr Jr. High Summer Program Strength And Conditioning Camp



Camp Dates: June 29 thru July 30  
Price: \$130.00  
09-10 Grades 6-9  
Session Times: 6:30 p.m. to 8:00 p.m.  
Location: Holy Cross High School



Holy Cross is offering a strength and conditioning program for all 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> grade students. The program involves a comprehensive introduction to the area of weight, speed, and agility training.

The program is a 5-week course and runs Monday thru Thursday. This program will prove extremely beneficial to young athletes who are trying to become faster and stronger in preparation for their upcoming athletic school year. Holy Cross varsity staff will conduct the program.

Please read and sign the waiver at the bottom of this sheet giving your son or daughter permission to participate in the program. Please make checks payable to **HOLY CROSS HIGH SCHOOL**.

## Release of liability

In consideration of my participation in the Holy Cross Strength and Conditioning Program (HCSCP), I do hereby, for myself, release and discharge HCSCP and all personnel thereof for all claims or damages, demand, action or whatsoever in any manner arising or growing out of my participation at HCSCP. I attest and verify that I, without endangering my health, hereby release the HCSCP from any liability now or in the future. Including, but not limited to heart attacks, muscle strains, broken bones, shin splints, heat prostration, knee/lower back or foot injuries or any other illnesses, soreness or injury however caused, occurring during or after any participation in the exercise program. If, in fact, an injury that requires emergency medical attention occurs, I reserve the right for HCSCP to take action through medical facilities in the area. HCSCP reserves the right to discontinue an athlete's program at any time for any reason. I have read the information in full, and to the best of my ability understand the information above.

## Signature for release of liability

Participant \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

T-shirt size:            S        M        L        XL        XXL  
(Circle one)

**“Through hard work the weak become strong and the strong become great.”**