

2018 Hays **Lady** Rebels Summer Speed, Agility and Power Camp **June 11- July 18- 5 Weeks**

The camp will run Monday through Wednesday for 5 weeks and will be held at Hays High School Weight Room and Red Gym. We will be OFF the week of 4th of July.

The camp will be conducted by Hays coaching staff. This camp will follow the guidelines as outlined by the UIL.

The camp will incorporate flexibility, weight training, speed, agility & quickness training and conditioning. Proper form and technique will be taught to the 9th graders without the use of weight to establish a base of strength and proper technique.

Time: 7:00am-8:30am For ALL incoming 9th-12th grade girls

Price: **All Sessions:** _____ June 12-July 19, 2017 \$85

Or **Weekly:**

_____ Week 1 June 11-13 \$25 _____ Week 2 June 18-20 \$25 _____ Week 3 June 25-June 27 \$25

_____ Week July 9-11 \$25 _____ Week July 16-18 \$25

MAKE CHECKS PAYABLE TO: HAYS HIGH SCHOOL

For more information contact:

Stephanie Coates at 512-268-2911 ext.6239 or email: stephanie.coates@hayscisd.net

Allison Castillo at 512-268-2911 ext. 6238 or email: allison.castillo@hayscisd.net

Return completed registration form, waiver and fee by mail or in person as soon as possible to:

Hays High School- Girls Athletics
c/o Stephanie Coates
4800 Jack C Hays Trail
Buda, Texas 78610

Before an athlete can participate in the camp they must:

Fill out the Registration form and sign the Waiver form- both Athlete and Parent/Guardian,

(Keep the 1st page for your information)

2018 Hays **Lady** Rebels

Summer Speed, Agility and Power Camp

PLEASE PRINT:

Athlete's Name: _____ Fall 2018 Grade Level _____

Athlete's Cell#: _____

Please select the sessions you plan to attend below:

Price: **All Sessions:** _____ June 12-July 19, 2017 \$85

Or **Weekly:**

_____ Week 1 June 11-13 \$25 _____ Week 2 June 18-20 \$25 _____ Week 3 June 25-June 27 \$25

_____ Week July 9-11 \$25 _____ Week July 16-18 \$25

Parent/ Guardian Name: _____ Home Phone #: _____

Cell Phone #: _____ Email: _____

Hays CISD Liability Release Form

2016 Hays Lady Rebels Summer Strength, Speed, Power and Conditioning Camp

Participant releases the Hays C.I.S.D., its officials, employees and volunteers from any and all liability for any claim by Participant of bodily injury, property damage, or other legal injury of any description arising from Participant's use of Hays C.I.S.D. facilities or participation in or attendance at the Camp / Event. The term "Participant" includes both the individual Participant and any parent or guardian signing this document on behalf of the Participant.

Participant further covenants and agrees that Participant or Participant's legal representatives will not assert or file any claim against Hays C.I.S.D., its officials, employees or volunteers seeking monetary or other relief of any description based on any claims released in this document. Participant agrees to indemnify and hold harmless Hays C.I.S.D., its officials, employees or volunteers from all costs and expenses of defending against such claims.

The release and indemnity obligations of Participant shall apply without regard to whether the bodily injury, property damage, or other legal injury complained of were caused, in whole or in part, by the Hays C.I.S.D., its officers, employees or volunteers.

This release does not waive any claim of governmental or statutory immunity or any other legal defense available to the Hays C.I.S.D. or its officials, employees or volunteers under Texas or federal law. By signing below I certify that I have read, understand and accept the terms of this document. I further certify that I am aware that this document contains a release of important legal rights and that I may consult an attorney prior to signing.

Event Participant

Parent/Guardian (if Participant is 17 or younger)

Date

Printed Name

Printed Name

Office use only: Payment Received: _____ Payment Type: Cash Check # _____