



2019 Panther Pride Camp



The Medina Valley Boys and Girls Strength and Conditioning Camp is a six week course designed to enhance the athletic performance of male and female athletes in preparation for the upcoming school year. Athletes in the camp will undergo a combination of weight training, agility work, core strengthening, and aerobic/anaerobic conditioning, with the goal of improving athleticism and preventing injuries. Athletes participating in the camp may expect to see improvements in strength, speed, agility, endurance, team bonding and PANTHER PRIDE.

Boys and Girls will be working out together, with boys' and girls' coaches leading the instruction.

Dates/Location: June 10-July 18, Monday –Thursday (NO Fridays) at Medina Valley HS-Pantherdome, for incoming 9-12th graders and for incoming 7th and 8th graders. If you miss for vacation, that's ok!!!

Cost: \$50.00 Make checks payable to: **MVISD**. If paying in cash, please have exact amount- NO change will be available.

Session Times: 7:30 – 9:30 a.m.

To enroll: Fill out the bottom and return the entire sheet to Lisa Newton @ the Athletic Office(Pantherdome) 8365 FM 471 South (next to the HS) or your Coach along with the payment.

Athlete's Name: _____ Student Phone# (____) _____

Sport (s) _____ Insurance Company _____

Parents Name: _____ Parent's Phone # (____) _____

Address _____ City/Zip _____

Parent Email Address: _____ Next Year's Grade Level _____

Parent Emergency Contact Numbers: () () _____

Allergies/Medication: _____

Waiver: I hereby grant permission for my child to attend the Medina Valley Boys and Girls Strength and Conditioning Camp. I certify that he/she is physically fit for participating. I hereby release Medina Valley ISD and the staff, coaches, and directors and other involved in conducting the camp for any and all liability for personal injury arising from the camper's participation in the camp.

Parent/Guardian Signature Date Student Signature Date

PLEASE BE REGISTERED BY JUNE 7th