

# DOG DAYS OF SUMMER



## STRENGTH AND CONDITIONING CAMP

Directed by Bulldog Coaching Staff

**June 11<sup>th</sup> – 28<sup>th</sup> and July 9<sup>th</sup> – 26<sup>th</sup>**

**Monday through Thursday only**

**Incoming 7<sup>th</sup> – 12<sup>th</sup> Grade Boys & Girls**

**8:00-10:00 AM**

**Camp is free. Bring water and towel.**

CAMPER'S NAME: \_\_\_\_\_

2018 – 2019 SCHOOL GRADE: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

CONTACT NAME: \_\_\_\_\_

HOME & CELL PHONE NUMBERS: \_\_\_\_\_

I, as a parent or guardian, agree to allow the above child to participate in the Strength and Conditioning Camp. I understand that injuries at times occur. I agree to release the camp and/or its designated representatives from any liability or responsibility in the event of any injury that occurs while participating in the camp.

GUARDIAN SIGNATURE: \_\_\_\_\_