

2012 TROY THOMAS YOUTH STRENGTH & SPEED CAMP

OPEN TO ALL 6TH - 8TH GRADE STUDENT/ATHLETES IN ALL SPORTS

BEGINS JAN. 3RD 2012
TUES & THURS
5:30PM - 7:00PM
\$10 PER SESSION
MEET IN WEIGHT ROOM

COACHED BY:
TROY THOMAS - VARSITY HEAD FOOTBALL COACH
BILL KNUDSON - JV HEAD FOOTBALL COACH
DAN KAUSE - FRESHMAN HEAD FOOTBALL COACH



AREAS OF FOCUS:

FLEXIBILITY - SPEED DEVELOPMENT THROUGH STRENGTH - POWER
EXPLOSIVENESS - CHANGE OF DIRECTION MECHANICS - VERTICAL JUMP
INJURY PREVENTION - NUTRITION - CONDITIONING
LEADERSHIP & CHARACTER DEVELOPMENT

Athlete: _____

Address: _____

Phone: _____

Emergency Contact: _____

Phone: _____

Allergies: _____

Any Health Concerns: _____

Age: _____

Grade in Fall of 2012 _____

Current School _____

Parent Name: _____

Parent Email: _____

I hereby release, indemnify and hold harmless all Troy Thomas Youth Camps and Servite High School, including its trustees, employees, volunteer workers, students, agents and assigns from any and all liability, damage, claim of any nature whatsoever arising out of or in any way related to my child's participation in this youth camp. Participating in any activity is an acceptance of some risk of injury. Despite precautions, accidents & injuries may occur and injury and/or loss or damage to personal property may occur as a result of participation in this youth camp. Therefore, I assume all risks related to the activities. In case of an emergency and if I cannot be reached, I do hereby authorize a representative of the Youth Camp or Servite High School to consent to any medical treatment or care deemed advisable. I have read & agree to comply with the above statement. My signature below indicates that I have read, understood & freely signed with agreement, which shall take affect as a sealed instrument. I expressly agree that this agreement shall be construed and enforced in accordance with California laws, & I consent to the jurisdiction of said state. I agree that this waiver & release is intended to be as broad & inclusive as permitted under California laws so that if any portion hereof is held invalid the balance shall continue in full legal force and effect.

PARENT SIGNATURE _____