

Summer Weight & Speed Camp

Please return this section with payment to Coach Anthony Wood (checks made to: Westwood High School). Print all information in blue or black ink.

Student's Name & Grade for Next Yr

Camp Attending (Session I, II, III, or IV)

Amount \$ _____

Check # _____

Mailing Address

Home Phone

Parent Name

Parent Work Number

Emergency Contact

Emergency Contact Number

ROUND ROCK **ISD**

Athletic Department
&
Westwood High School
Athletics

*Summer Weight &
Speed Camp*



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Westwood High School
12400 Mellow Meadow Drive
Austin, TX 78750

Round Rock I.S.D. Athletic Department will conduct a *Summer Weight & Speed Camp* (SWSC) for its high school and junior high athletes.

The instruction given will be generalized and not sport specific. We will be focusing on every sport's basic functions such as sprinting, lateral movements, strength training, endurance, and jumping.

The SWSC program will be structured to enhance the athletes' foundation as well as focus on setting and obtaining goals. The participants' self-confidence will also increase due to their increase in physical ability and attainment of their goals.

The Summer Weight & Speed Camp will be conducted at Westwood High School in the weight room and on the practice fields.

The camp will be conducted June 7th through July 30th. The camp will break for 2 weeks from June 28th through July 9th and will commence July 12th.

Session I will be from 7:00 a.m. to 8:45 a.m. (Mon-Thu) and is for 11th and 12th graders (**Varsity/JV boys**).

Session II will be from 8:00 a.m. to 9:45 a.m. (Mon-Thu) and is for **all female athletes**. **Session III** is from 9:00 a.m. to 10:45 a.m. (Mon-Thu) and is for all incoming 9th & 10th graders.

Session IV is from 10 a.m. to 11:45 a.m. (Mon-Thu) and is for all **junior high boys and girls**.

*If there is a conflict in times, arrangements can be made to attend another session.

Students may only attend one session a day involving the Summer Weight & Speed Camp.

Attendance is not mandatory but will be kept. "Make-up" sessions will not be offered.

The cost of the camp will be \$125.00 for two hours per participant for the camp.

Participants will need to provide their own shorts, shirts, and shoes.

Registration forms must be received by May 21st, 2010. A late registration will be assessed a \$15.00 late fee.

Mail or Deliver to:

**Westwood High School
c/o Summer Camps – Coach Anthony Wood
12400 Mellow Meadow Dr.
Austin, Texas 78750**

A waiver of camp fees is possible for campers of lower income families. A waiver form can be obtained from the campus athletic office. Students are to return the waiver form along with their camp registration form. A decision to drop fees will be made based on the information provided.

*A physical will be required to participate. In order to save time and money, please use the 2010-2011 RRISD Athletic Participation Forms. This packet can be used for this camp as well as athletics for the 2010-2011 school year. **These forms must be signed & returned to our Athletic Training Staff prior to participation in the camp.***

If you participated in athletics at an RRISD school in 2009-2010, we can use your physical from that school.

Parent (Guardian) Permit

I hereby give my consent for the above named student to compete in RRISD approved summer weight and conditioning camp. I have read and understand that my child will abide by all school and camp rules. I also agree to be responsible for the safe return of all equipment issued by the school and will pay for any and all lost, stolen, or damaged equipment.

Assumption of Risk & Release of All Claims

I understand there is a possibility of injury to my child taking part in camp activities. I agree to be solely responsible to any medical or other expenses related to my child taking part in camp activities, including any injury, and agree to hold harmless RRISD and its officers and employees for any expense or damages resulting from any injury related to my child's participation in any camp activity.

Parent Signature

Student Signature

Payment

Weight & Speed Camp \$125.00

AMOUNT PAID \$ _____

Cash _____ Check # _____

(Driver's License # required on all checks)

Credit Cards WILL NOT be accepted this year!