

Centennial Athletics 6 Week Summer Program Strength-Power-Speed-Agility-Conditioning

"SPARTAN TOUGH"

Monday-Thursday

June 16th-July 31st

(Off the week of July 21st)

CENTENNIAL HIGH SCHOOL INDOOR FACILITY AND PRACTICE FIELDS

Sessions/Times

BOYS Returning 10th-12th Grade: 7:30-9:30 a.m.

BOYS Incoming 7th-12th Grade: 10:00-11:30 a.m.

GIRLS Returning 10th-12th Grade: 8:00-9:30 a.m.

GIRLS Incoming 7th-9th Grade: 10:00-11:30 a.m.

PROGRAM OBJECTIVES

- 1) Develop team unity and pride in our athletic programs.
- 2) Learn proper techniques in strength and speed training.
- 3) Develop Strength and Power.
- 4) Develop Speed and Agility.
- 5) Develop conditioning.
- 6) Become acclimated to the Texas heat.
- 7) Develop toughness and competitiveness in our athletes.

Cost: \$65.00 (Campers will receive a pair of shorts and shirt).

All Athletes Wear Workout Shorts, T-Shirts, and Athletic Shoes.

Athletes must either attend CHS or live in CHS attendance zone. Please arrange transportation.



Name _____ Age _____ Birth Date _____ Incoming Grade Level _____

Address _____ City _____ Zip _____

Emergency Contact 1 _____ Phone # _____

Emergency Contact 2 _____ Phone # _____

Parent E-mail Address: _____ Shirt and Short Size (circle ONE below)

Athlete Email Address: _____ Youth Large Sm Med Lg XL 2X

2013/2014 School Attending _____ Sports Participating In 2013/2014: _____

Waiver Claim

This applicant has my permission to participate in this activity. Emergency treatment for the applicant is authorized provided the parents could not be contacted. Parent or guardian hereby agrees to indemnify and save harmless all employees, officials, administrators, and governing bodies of Burleson ISD from any loss or damages they may suffer as a result of enrollment or participation in the chosen camp. BURLESON ISD RECOMMENDS EACH FAMILY CARRY ADEQUATE INSURANCE IN CASE OF EMERGENCY.

For the safety of your child, please list any medical conditions the coach should know about (asthma, allergies, etc.)

Signature of Parent or Guardian _____ Date _____

Registration Forms are to be turned in or mailed to:
Spartan Summer Program :
Attn: Kyle Geller
201 Hurst Rd.
Burleson, TX 76028

For questions regarding the camp, please call or email:
Camp Director: Coach Kyle Geller at 817-437-1796
(kgeller@burlesonisd.net)

Please Make Checks Payable To: Spartan Summer Program