



# SNOWFLAKE/TAYLOR - LOBO SUMMER STRENGTH CAMP – 2016

**Who:** Lobo athletes that are going into the 2016-2017 school year as incoming 7<sup>th</sup> - 8<sup>th</sup> graders.

**What:** We will start with a 60 minute period of instruction (Monday - June 13<sup>th</sup> at 8:00 AM) on weight room protocol, proper lifting methods, agility drills, weight room etiquette and form running. Athletes will then have 50 minutes of weight lifting per class. Coach Hargrove and staff will supervise the training.

**Where:** Snowflake High School Weight Room.

**When:** June 13 - June 23 (Monday - Thursday)

**Time:** 8 - 8:50 AM

**Cost:** \$20.00 per participant



**Note:** **On June 22<sup>nd</sup> and 23<sup>rd</sup> (Wednesday & Thursday) we will have a competition that will include Push Ups, Pull Ups, Time to Hold Plank and a timed 1 Mile Run. Competition will run from 8 -9 AM each day. Spectators are encouraged to attend.**

To register, complete the information below and turn the bottom of this form and registration fee in to the Snowflake Town Hall. For more information contact Coach Hargrove at (928) 243-1101 or at arth@snowflake.k12.az.us.

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## LOBOS SUMMER STRENGTH AND CONDITIONING CAMP 2016 WAIVER FORM

I hereby agree to allow my child to participate in the Snowflake Lobo Summer Strength and Conditioning Camp, fully understanding that the Snowflake/Taylor Recreation and Parks Department and the Snowflake Unified School District #5 do not carry accident insurance for participants. I, hereby, for my children, waive and release any and all rights and claims for damages my child may have against the Snowflake/Taylor Recreation and Parks Department and the Snowflake Unified School District #5, their employees, representatives, and agents, for any and all injuries suffered by my child in the participation of this activity. I further agree to indemnify the Snowflake/Taylor Recreation and Parks Department and the Snowflake Unified School District #5, their employees and agents, and each of them, from any loss, liability, damage or cost they may incur due to the presence of my child or myself at any activity sponsored by the Snowflake/Taylor Recreation and Parks Department. I expressly agree that this release, waiver and indemnity agreement is intended to be as broad and inclusive as permitted by the laws of the State of Arizona, and that if any portion thereof is held invalid, it's agreed that the balance shall, notwithstanding, continue in full force and effect.

Participants Name \_\_\_\_\_ Phone \_\_\_\_\_

Grade (going into next year) 7<sup>th</sup> grade [ ] 8<sup>th</sup> grade [ ] Age \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_