

Canyon HS
Strength and Conditioning (F)



Canyon HS 7th -8th Grade Girls Strength and Conditioning Program

Camp Start Date: June 7, 2021

Start Time: 9:00:00 AM

Camp End Date: July 22, 2021

End Time: 11:00:00 AM

Date Details: Monday - Thursday 9AM-11AM

Venue Name: Canyon High Gym - Large

Venue Address: 1510 IH 35 North, New Braunfels, TX 78130

Camp Cost: \$75.00

Questions: Heather Sanders heather.sanders@comalisd.org (830) 221 - 2482

Special Notes:

Camp is for Incoming 7th - 8th graders. Camp will be held in the Cougar Den from 9AM to 11AM Monday - Thursday: June 7- 10, 14-17, 21-24 & July 5-8, 12-15, 19-22 Please bring a Water Bottle, Gym Shoes. Dress in workout clothes (shorts, t-shirt tennis shoes) One hour dedicated to strength and agility and one hour dedicated to sport specific training; contact Heather Sanders at heather.sanders@comalisd.org with questions Camp Cost is \$75 - No Refunds

Medical Info:

Waiver of Claims: In and for consideration of my participation in this program, we hereby agree and promise that we will not hold the Comal Independent School District, its employees, or any instructors responsible for any loss, damages, or personal injuries that we may receive as a result of participation. This waiver liability expressly includes transportation to and from, or in connections with, said program. I do hereby request, authorize, and consent to such care and treatment as may be given said athlete by any physician, trainer, nurse, or camp representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such case and treatment of said athlete. IN LIGHT OF CURRENT SITUATION, I UNDERSTAND I AM VOLUNTARILY GIVING MY CHILD PERMISSION TO PARTICIPATE IN SUMMER STRENGTH & CONDITIONING IN COMAL ISD.