

2018 St. Mary's High School Strength & Conditioning Camp

Dates: June 4th-July 20th

Days: Monday - Thursday

Time:
Football Athletes: 8am – 9:30am
Non-Football Freshman & JV Athletes: 9am – 10:30am
Non-Football Varsity Athletes: 10:35am – 12:15pm

Cost:

\$100 for entire summer

\$75 if you are a freshman attending the Bridge Program

\$50 for additional siblings

\$25 late fee will be assessed if payment is received after the April 27th Deadline

For: Any Current or Incoming St. Mary's Student Interested in Athletics or Strength & Conditioning

Program Description: This camp is designed to train any athlete for all sports. Specific detail will be given to sport-specific speed, agility, overall strength and power. The weight room, track and various training equipment will be utilized. A progression from the start of the summer through the end will be implemented. It is very important that attendance is consistent from start to finish to gain the maximum benefit of the program. Consistency over the summer is especially important regarding students registered for **Strength & Conditioning I & II for the 2018-2019 school year.** Each athlete will have the opportunity to train 4 days a week with their sports team. Each athlete who submits payment for the camp will receive a camp T-shirt at the conclusion of camp and Gatorade post-workout shake/or bar after each session attended.

4th of July Break: There will be no SPC on Wednesday, July 4th

Questions? Contact Coach Van Valkenburg at 314-750-0098 or at vanvalkenburgt@stmaryshs.com.

PLEASE READ AND SIGN

I, THE UNDERSIGNED PARENT OR GUARDIAN, IN ENROLLING MY SON IN THE ST. MARY'S SPORTS PERFORMANCE CAMP (SPC), UNDERSTANDS THAT

HE, IN ATTENDING THIS PROGRAM AND USING THE FACILITIES, DOES SO AT HIS OWN RISK. THE ST. MARY'S BASEBALL CAMP AND ITS OWNERS, EMPLOYEES AND AGENTS SHALL NOT BE LIABLE FOR ANY DAMAGE WHATSOEVER ARISING FROM ANY PERSONAL INJURY OR PROPERTY LOSS SUSTAINED BY PARTICIPANT AND HIS FAMILY IN ANY PROGRAMS ON THE PREMISES OF ST. MARY'S HIGH SCHOOL. PARTICIPANTS AND THEIR PARENTS ASSUME FULL RESPONSIBILITY FOR ALL INJURIES AND DAMAGES WHICH MAY OCCUR DURING THE PROGRAM AND DUE HEREBY FULLY

AND FOREVER RELEASE, DISCHARGE AND HOLD HARMLESS THE ST. MARY'S SPORTS PERFORMANCE CAMP (SPC), ALL ASSOCIATED FACILITIES AND ITS OWNERS, EMPLOYEES AND AGENTS FROM ALL ANY AND ALL CLAIMS, DEMANDS, RIGHTS OF ACTION, PRESENT OR FUTURE RESULTING FROM OR ARISING OUT OF ANY PERSONS PARTICIPATION IN ANY PROGRAM OR USE OF FACILITIES.

CONSENT: I, THE UNDERSIGNED PARENT OR GUARDIAN OF:

DO HEREBY CERTIFY THAT MY SON'S HEALTH HISTORY IS SATISFACTORY ENOUGH TO PARTICIPATE IN THE ABOVE CAMP AND MY SON HAS MY PERMISSION TO PARTICIPATE IN THE PROGRAM. FURTHERMORE, I DO HEREBY GRANT AUTHORITY TO THE STAFF OF THE ABOVE CAMP TO RENDER A JUDGEMENT CONCERNING MEDICAL ASSISTANCE OR HOSPITAL CARE IN THE EVENT OF AN ACCIDENT OR ILLNESS DURING MY ABSENCE.

PARENT SIGNATURE: _____ **Date** _____

PRINTED NAME: _____

E-Mail: _____

T-SHIRT SIZE: Small Medium Large X-Large XX-Large XXX-Large Other: _____