



Family

DAWSON STRENGTH AND SPEED CAMP

THE DAWSON EAGLE COACHING STAFF WOULD LIKE TO INVITE ALL STUDENT-ATHLETES WHO WILL BE ATTENDING DAWSON HIGH SCHOOL TO THIS YEAR’S STRENGTH AND SPEED CAMP.

WHO: Incoming 9th—12th grade athletes that will be attending Dawson High School.

WHERE: Dawson High School weight room and practice fields.

COST: \$100

* MAKE CHECKS PAYABLE TO: DAWSON HIGH SCHOOL

**Checks must include DL# and athlete’s Student ID#

DATES: Monday—Friday

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|------------|-----------------|
| June 8-12 | June 29– July 2 |
| June 15-19 | July 13-17 |
| June 22-26 | July 27-31 |

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| <p>**NO CAMP ON THE FOLLOWING DATES**</p> <p>JUNE 9th</p> <p>JULY 3rd</p> <p>JULY 6—JULY 10</p> <p>JULY 20—JULY 24</p> |
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TIMES:

Strength and Speed

Monday, Wednesday, Friday

- Group 1: 7:00-8:30
- Group 2: 7:50-9:20
- Group 3: 8:40-10:10
- Group 4: 9:30-11:00
- Group 5: 10:20-11:50
- Group 6: 11:10-12:40

Sport Specific

Tuesday and Thursday

- Red Group: 7:00-8:00
- White Group: 8:30-9:30
- Blue Group: 10:00-11:00

Times and groups are subject to change as the UIL and district guidelines change.

Name _____ Sport _____

Grade entering 2020-2021 school year _____ Adult T-Shirt Size _____

Emergency Contact:

Name _____ Phone Number _____

I, as a parent or guardian give my permission for my child to participate in the Dawson Eagle Strength & Speed Camp and acknowledge the fact that he/she is physically able to participate in camp activities. I hereby authorize the camp staff to act for me according to their best judgment in any emergency requiring medical attention. I acknowledge that I may be responsible for any cost (through family medical insurance or otherwise) incurred due to sickness or injury to my son/daughter. I hereby waive any claim I might have against the camp, director or the institutions providing facilities.

This athletic camp/clinic follows guidelines set forth by Pearland ISD and the UIL.

Parent / Guardian Signature _____ Date _____

----- DETACH TOP OF PAGE AND TURN IN WITH PAYMENT -----

PAYMENTS: Make checks payable to: Dawson High School
Send your payment, and the completed registration form, with your son on the first day he attends camp. We will accept cash, check, or money order.

***On your check please include your Drivers License number and your student's School ID number.

REQUIREMENTS:

Athletes will need to wear shorts and a t-shirt. They will need "flats" or shoes to work out in, and cleats for the outside stations and football practice. (Crocs are not acceptable workout shoes)

All athletes must bring their own water bottle, we are unable to provide water.

All athletes must have a mask.

All athletes should bring a towel.

GENERAL INFO:

At this time, the Monday, Wednesday, Friday schedule will consist of a 40 min. weight room workout, a 10 min. transition and cleaning period, and a 40 min. outside workout. The Tuesday, Thursday schedule will consist of 60 min. of sport specific training (football practice).

We will have hand sanitizer and spray disinfectant to clean hands and all of the equipment we will be using.

This schedule will change as the restrictions and guidelines change. I am expecting us to keep this schedule for at least two weeks before making any changes. The times should be the only thing that changes, the days of camp, and days off, should not change.

Thank you for your patience...