

2019 LEHMAN LOBO

Strength & Conditioning Program

Who: Incoming 9th to 12th Grades

Session 1: Incoming 9th-12th Football Players

[\$80.00]

June 10-July 3: 7:00-9:30 am

July 11-July 31: 5:30-8:00 pm

(Last 30 minutes will be sport specific)

Session 2: Incoming 9th-12th Non-Football Players

[\$80.00]

June 10-July 3: 7:00-9:30 am

July 11-July 31: 5:30-8:00 pm

(Sport specific work TBD by head coach)

Where: Lehman High School

Who: Incoming 7th to 8th Grades

When: Incoming 7th-8th Players

[\$60.00]

June 10-July 31: 7:30-9:30 am

(Last 30 minutes will be sport specific)

Where: Chapa & Simon Middle Schools

Sessions will be conducted by campus coaches and will be geared towards the overall development of the athlete.

OFF DAYS: July 3-10 & July 22-23

All skill work is limited to a total of 2 hours per week per kid by UIL rule.

Please make sure your child brings the following items:

Cleats (football players), tennis shoes, shorts, light colored t-shirt, water, & sun screen



TRANSPORTATION (Bus) will be provided to Lehman High School from the Middle Schools for any athlete signed up for the other sports' camps in June & July.

✓ (Please check the additional sports camps your athlete will be attending)

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Girls' Basketball (M,T, & W) | <input type="checkbox"/> Boys' Soccer (M,T, & W) | <input type="checkbox"/> Softball (M,T, & W) | <input type="checkbox"/> Volleyball (Wed only) |
| <input type="checkbox"/> Baseball (M,T, & W) | <input type="checkbox"/> Girls' Soccer (M,T, & W) | <input type="checkbox"/> Boys' Basketball (M,T, & W) | <input type="checkbox"/> Football (Wed only) |

Physicals: All participants must have a current physical. Students may use physicals from the current school year. Physicals can be no more than one year old.

Registration: **ONLINE:** www.ticketracker.com (Search Lehman High School)

MAIL/EMAIL/IN PERSON: Lehman High School Athletics

1700 Lehman Rd, Kyle, TX 78640

(michelle.richardson@hayscisd.net)

Hays C.I.S.D. LIABILITY RELEASE FORM

Participant releases the Hays C.I.S.D., its officials, employees, and volunteers from all liability for any claim by Participant of bodily injury, property damage, or other legal injury of any description arising from Participant's use of Hays C.I.S.D. facilities or participation in or attendance at the Camp / Event. The term "Participant" includes both the individual Participant and any parent or guardian signing this document on behalf of the Participant. Participant further covenants and agrees that Participant or Participant's legal representatives will not assert or file any claim against Hays C.I.S.D., its officials, employees or volunteers seeking monetary or other relief of any description based on any claims released in this document. Participant agrees to indemnify and hold harmless Hays C.I.S.D., its officials, employees or volunteers from all costs and expenses of defending against such claims. The release and indemnity obligations of Participant shall apply without regard to whether the bodily injury, property damage, or other legal injury complained of were caused, in whole or in part, by the Hays C.I.S.D., its officers, employees, or volunteers.

This release does not waive any claim of governmental or statutory immunity or any other legal defense available to the Hays C.I.S.D. or its officials, employees or volunteers under Texas or federal law. By signing below, I certify that I have read, understand, and accept the terms of this document. I further certify that I am aware that this document contains a release of important legal rights and that I may consult an attorney prior to signing below.

Please PRINT all information:

Additional questions email Bruce Salmon at bruce.salmon@hayscisd.net.

Camper's Name: _____ Grade Next Year: _____ Campus: _____

Address, City, ST: _____ Phone #: _____

Person to Notify in Case of an Emergency: _____ Phone #: _____

X _____ / _____
Parent/Guardian Signature **Parent/Guardian Printed**

OFFICE USE ONLY: TOTAL PAID: \$ _____

CK _____ / CC _____ / CASH _____ W _____ (updated 4/4/19)

☐ HS Session 1 ☐ HS Session 2

☐ MS Chapa ☐ MS Simon