

Camp Eligibility:

Any athlete of Willowridge High School who wishes to gain strength, speed, flexibility, and physical conditioning. **Only athletes who attend or will be attending Willowridge High School are eligible.**

(UIL RULE)

Camp Fees:

COST OF THE PROGRAM IS \$35.

ONLINE PAYMENT IS PREFERRED:

<https://fortbendis.revtrak.net/hs/WHS/whs-ssc/#/v/whs-speed-strength-and-conditioning-camp>

Registration:

Students WILL NOT be allowed to attend the camp without a completed registration form.

Additional Camp Information:

ALL ATHLETES MUST HAVE A CURRENT PHYSICAL ON FILE IN THE TRAINING ROOM TO ATTEND THE CAMP. THERE WILL BE NO EXCEPTION TO THAT RULE!

Camp Questions:

Please submit any additional camp questions to

**Coach Ramon Chinyoung Sr.
Head Coach**

**832-696-1911
ramon.chinyoung@fortbendis.com**

TWITTER: @WillowridgeFB

Place:

Willowridge High School
Athletic Facility

Camp Objective:

Our program will be open to boys and girls who will be in grades 9-12 during the 2020-2021 school year at Willowridge High School. All students who wish to be in optimal physical condition and enhance their playing performance in any sport should attend this program. Each athlete will receive instruction in weight lifting, speed development, flexibility, plyometrics, coordination, goal setting, character education, self-discipline and nutrition.

Due to COVID 19

We will adhere to social distancing guidelines set by the state. (UIL website) Student Athletes will have their temperatures checked everyday

Report/Workout Times:

Monday—Thursday

Report Time: 7 - 8 am

Workout Session: 8 - 10 am

Sports Specific: 10 - 11 am

Campers Must Bring:

1. A Mask
2. Water Bottle or Water Jug
3. Shorts, Shirts, Tennis Shoes, Cleats

Willowridge Eagles



2020 Summer Speed and Power Camp

June 8-June 26 (3 weeks)

July 6-July 17 (2 weeks)

July 27-July 31 (1 week)

(Off the Week of July 6 AND July 20)

Monday - Thursday

Willowridge High School

TWITTER: @WillowridgeFB

“PROTECT THE TRADITION”

Program Goals

1. Put each student-athlete in position physically and mentally to be successful in their particular sport.
2. To instill the self-discipline needed to have continued success physically and mentally after the completion of this program.
3. Make all the athletic programs at Willowridge High School the best in the state of Texas.

Sibling Information

Parent(s) of multiple children are welcome to enroll each of their children into the speed and strength camp; HOWEVER, each child must first meet the age and eligibility requirements stated on this flier. Each child/athlete will also have to pay the standard registration fee of \$35. There will be no adjustment or prorated fee for siblings.



Requirements

1. Must be **ENROLLED** to attend Willowridge High School or **ZONED** to attend Willowridge High School.
2. Must have a physical and emergency contact form on file. Athletes from McAullife Middle School must turn in all forms and money to their coach on their campus. Coach Chinyoung will collect all forms and fees directly from the Head Coach at McAullife Middle School.
3. Have enrollment form and money turned in before participation in Speed and Power Camp.
4. Proper workout attire: Comfortable shirt and shorts and running shoes (cleats are NOT allowed in the weight room, but are encouraged for outside running drills). Two pairs of shoes may be beneficial.

Payments must be made online to

<https://fortbendis.revtrak.net/hs/WHS/whs-ssc/#/v/whs-speed-strength-and-conditioning-camp>

Parental Consent

By signing, parent/legal guardian agrees to all terms and conditions included in the Physical/Athletic Participation Form and agrees to waive all liability of Fort Bend ISD and its employees who are staffing the program. By signing this form, the parent/guardian understands the assumption of risk involved in this type of physical activity. Parent also agrees that program staff may dismiss any participant who they deem disruptive and no refund will be due for missed

Name of Athlete (Please Print) _____

Name of Parent (Please Print) _____

Parent Signature _____

ONLINE PAYMENT IS PREFERRED:

Registration Form

Sign up for: (CHOOSE 1)	Time	Price
<input type="checkbox"/> Session I	8-11 am	\$35.00

Name: _____

Address: _____

Phone: (____) _____ - _____

Due to COVID 19

We will adhere to social distancing guidelines set by the state. (UIL website) Student Athletes will have their temperatures checked every-

Important Athlete Information

Age: _____ Weight: _____

Gender: _____ Height: _____

Grade: _____

Sport(s): _____

Student Signature: _____