



Strength And **DULLES** Conditioning Camp

June 7 - July 29, 2021 (7 Weeks)

NAME: _____ GRADE (2021): _____

[Online Registration Form](#) (Click)

SCHOOL: Dulles HS Dulles MS Other _____

ADDRESS: _____
City _____ Zip _____

PARENTS/
GUARDIANS _____

CONTACT NUMBERS: _____
Home//Cell _____ Emergency Phone _____

CONTACT EMAIL ADDRESS: _____

CAMP FEE: [Online Payment Link](#) (Click) please select the payment option below

\$110 \$35 Scholarship – **(Free or Reduced Lunch Documentation Required)**

SESSIONS 1: Football Varsity/JV/9th *Includes Sports Specific Instruction
(8am-10:30am)

SESSIONS 2: All Other HS Sports/Junior High (8am-9:30)

- ◆ A valid physical must be on file with the training staff at Dulles HS in order to participate.
- ◆ Athletes may be asked to attend a session other than the one they registered for in order to meet UIL and FBISD guidelines.
- ◆ No water containers will be provided. Athlete are advised to bring their own water bottle or sports drink.
- ◆ Athletes must bring all equipment with them.
- ◆ **COVID Guidelines: All athletes will maintain 3 feet of spacing, wear a mask when not participating, and complete temperature and screening procedures each day.**

I hereby authorize the staff of Dulles High School to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release Dulles High School, its staff and administration and Fort Bend I.S.D. and its administration from any and all liabilities from any injuries or illnesses incurred to my child while attending the camp. I have no knowledge of any physical impairment that would be affected by my child's participation in the camp. I also understand that Dulles High School has the right to use photographs of campers taken while attending camp for publicity and advertising purposes.

PARENT/LEGAL GUARDIAN SIGNATURE

DATE

Registration Form returned to [Dulles HS Athletics](#)

2021 DULLES VIKINGS SAC CAMP

PARTICIPANTS

All Junior High and High School students who will attend Dulles High School or reside within the Dulles HS Attendance Zone.

Sports Specific Instruction

UIL allows each athlete 60 minutes of sport specific instruction per day. Contact the head coach for more information.

CAMP DATES

June 7th—July 1st (M–Th 4 weeks)
July 5th—July 9th Summer Break
July 12th—July 29th (M–Th 3 weeks)

- Athletes may attend **ONE** session a day.
- Attendance is **voluntary**. The more an athlete attends, the more they benefit from the camp.
- A valid physical must be on file with the training staff at DHS before participation.

(Bryant.Spencer@FortBendis.com)

Online Payment is required. In order to participate, you must have a signed registration form and full

WHAT TO BRING

- Workout shorts & t-shirt
- Tennis shoes and cleats
- Water/Sport Drinks
- Cloth Face Mask is required indoors
- Any needed medication
- Great Attitude

Note: No water containers will be provided; No locker room access will be allowed

CAMP PAYMENT

The camp fee is \$110.00 for the entire summer. Full payment online must accompany the registration form. Scholarship rate will apply to those that qualify. **No refunds will be given after the first week of camp.**

[Click to pay Online](#)

In addition to paying Online you must submit an Online registration form.

[Online Registration Form](#)



CAMP INSTRUCTORS

Coach Byrd and his staff at the Dulles High School eagerly await meeting your child and giving them the foundations they need to help develop their athleticism. The staff's expertise extends beyond the X's and O's of sports and into the areas of speed development, fitness condi-

CONTACT INFO

Shane Byrd– CAC/Hd FB Coach
E-mail: Shane.Byrd@FortBendis.com
Phone: (281) 634-5653

Stephen McCormick –
Camp Coordinator
Email: Stephen.McCormick@FortBendis.com