



2022 Kempner Cougars Strength And Conditioning Camp

June 6- July 21, 2022 (6 Weeks)

NAME: _____ GRADE (2022): _____

SCHOOL: ☐ Kempner HS ☐ Sugar Land MS ☐ Hodges Bend MS ☐ Other _____

ADDRESS: _____
City _____ Zip _____

PARENTS/
GUARDIANS _____

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

CONTACT EMAIL ADDRESS: _____

CAMP FEE: <https://fortbendisd.revtrak.net/FBISD-Schools-1082/hs/KHS/khs-sac/#/v/khs-summer-strength-and-conditioning-camp>

Please select the payment option below

☐ \$125 ☐ \$50 Scholarship – **(Free or Reduced Lunch Documentation Required)**

SESSIONS: ☐ Boys Varsity/JV/Fresh/JH (7:30-9:30am)

☐ Girls Varsity/JV/Fresh/JH (7:30-9:30am)

- ◆ A valid physical must be on file with the training staff at Kempner 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. Refill cooler available only
- ◆ Athletes must bring all equipment with them.

I hereby authorize the staff of Kempner High School to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release Kempner 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 Kempner High School has the right to use photographs of campers taken while attending

Registration Form returned to Coach Aubin-

2022 KEMPNER COUGARS S&C CAMP

PARTICIPANTS

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

CAMP DATES

June 6th—June 30th (M–Th 4 weeks)
July 4th—July 10th Summer Break
July 11th—July 21st (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 KHS before participation.

Online Payment is required. In order to participate, you must have a signed registration form and full camp payment on record. On Site registration will be at Kempner HS Fieldhouse.

WHAT TO BRING

- Workout shorts & t-shirt
- Tennis shoes and cleats
- Water/Sport Drinks
- Any needed medication
- Great Attitude

Note: No water containers will be provided;

CAMP PAYMENT

The camp fee is \$125.00 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](#)

Email registration forms to:

Shawn.aubin@fortbendis.com

CAMP INSTRUCTORS

Coaches of Kempner 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 conditioning, and overall strength training.

CONTACT INFO

Shawn Aubin
E-mail: shawn.aubin@fortbendis.com
Phone: (281) 634-2361

Kara Sylvester—CAC—ATC
Email: Kara.Sylvester@fortbendis.com
Phone: (281) 634-2363