



2021 Kempner Cougars Strength And Conditioning Camp

June 14 - July 29, 2021 (6 Weeks)

NAME: _____ GRADE (2021): _____

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: All Payments must be made online Scan QR Code for Payment: \$110 \$35

Scholarship – (Free or Reduced Lunch Documentation Required)

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

Girls Varsity/JV// Fresh/ JH (9am-11am)



Link: <https://fortbendisd.revtrak.net/FBISD-Schools-1082/hs/KHS/khs-sac/#/list>

- ◆ 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.
- ◆ 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 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 camp for publicity and advertising purposes.

PARENT/LEGAL GUARDIAN SIGNATURE

DATE

Form must be completed and emailed to Darrin.Andrus@fortbendisd.com or brought the first day of camp!

2021 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 14th —July 1st (M– Th 3 weeks)
July 2nd—July 11th 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 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
- 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

Send registration forms to:

Darrin.Andrus@fortbendis.com

CAMP INSTRUCTORS

Coach Andrus and his staff at the 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

Darrin Andrus– CAC/Hd FB Coach
E-mail: Darrin.andrus@fortbendis.com
Phone: (281) 634-2360

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