

Recognition and Assumption of Risk
Agreement and Physician Release

I, the undersigned parent / legal guardian of

_____ authorize full participation in the **Summer Strength and Conditioning program at Elkins High School**, including all related activities. It is my understanding that participation in the activities is not without some inherent risk of injury. As such, in consideration of my child's participation in the **Summer Strength and Conditioning program at Elkins High School**, I will not sue the Fort Bend Independent School District, its agents or employees in the **Summer Strength and Conditioning program at Elkins High School** and release, waive, and discharge said parties from any and all liability, claims, demands, and causes of action arising out of or related to any loss, damage, or injury, including death, that may be sustained by my child, whether caused by the negligence of the releases, while participating in such activities, or while in, or upon the premises where the activities are being conducted. I give my permission for any emergency medical care or treatment that may be needed by a physician, surgeon, hospital, or medical care facility, including transportation, and I accept responsibility for the cost.

PRINT PARTICIPANT'S NAME

PERSONAL INSURANCE COMPANY AND POLICY NUMBER

PARENT / GUARDIAN SIGNATURE

I ALSO AGREE TO FOLLOW ALL INSTRUCTIONS AND PROCEDURES IN ORDER TO MAINTAIN A MAXIMUM LEVEL OF SAFETY

PARTICIPANT'S SIGNATURE

Coming together is a beginning. Keeping together is a process. Working together is success! - Henry Ford



**ELKINS HIGH SCHOOL
BAND OF KNIGHTS
SUMMER CONDITIONING
PROGRAM 2017**

Contact Persons

**Dennis Brantley : Head
Coach-Campus
Coordinator**

281 634-2649

**Alvin Dotson: Defensive
Coordinator / Asst. Head
Coach**

281 634-2650

**Leroy Truitt: Offensive
Coordinator**

**James Thomas: WR
Coach**

Dean Brantley: QB Coach

Taylor Pulido: OLB Coach

Band of Knights



Elkins High School Summer Strength and Conditioning Program

Elkins High School will be offering a summer strength and conditioning program beginning June 12th, 2017 and ending July 27th, 2017.

Mission Statement:

The mission of the Summer Strength and Conditioning Program is to promote the general health and welfare of student athletes. The program hopes to improve the morals and self images of students through a fundamentally sound weight and cardiovascular program.



The strength and conditioning program will be a comprehensive program that consists of weight training and cardiovascular conditioning.

The program will be held Monday through Thursday during two sessions. Session I will begin at 8:30am and end at 10:30am daily. Session II will begin at 10:30 am and end at 12:30pm daily. Students can choose either the 8:30am session or the 10:30am session. There will be no camp held on July 4th 2016!

The students who enroll in this program will be taken through a variety of circuit training activities designed to enhance and improve the physical conditioning of the students.

The strength and conditioning program is open to all male and female students who attend Elkins High School, regardless of whether they participate in school sports or not. The program is open to incoming 9th grade students through 12th graders.

The strength and conditioning program will be supervised by members of the Elkins High School coaching staff during both sessions.

Cost:

\$100.00 Participation Fee (Cash or Money Order only)

\$25.00 For those who qualify for free and reduced lunch.

Registration: April 15th —June 12th.

No registration after June 30th

Equipment Needed: Appropriate shorts, shirt, cleats, and shoes need to be worn daily.

