

Program Goals

1. Put all athletes in position physically and mentally to be successful on their particular field of play.
2. Instill the self-discipline needed to have continued success physically and mentally after the completion of this program.
3. Give all the athletic programs at Willowridge High School a foundation to be the best not only in Fort Bend but in Texas!



Questions?

Please feel free to contact me, Coach Laz, at any of the numbers or email address below. We are really looking forward to working with the young people in this awesome community. Go Eagles, Blaze Blue!!

Phone: 281-634-2494

Fax: 281-634-2540

Email: richard.lazarou@fortbendisd.com

Check us out at WillowridgeEagles.org, follow us on Twitter or like us on Facebook:

Twitter



**Go Eagles,
Blaze
Blue!!**

Facebook



W

Summer Strength and Conditioning Program: Running-Agility -Weights

*What are you
willing to do to get
where you want to
go?*

Willowridge

R.A.W

Summer 2019

Program Information



Our program will be open to students who will be in grades 7-12 during the 2019-2020 school year in the Willowridge High School feeder pattern. 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, self-discipline and nutrition.

Program Times, Dates and Cost

The program will run Monday through Thursday from June 3rd until August 1st. We will be taking the week of July 4th off completely.

COST:

Registration begins May 8th: \$110 or \$35 if you receive free or reduced lunch.

Session Time: 8:30 AM- 10:30 AM

-Sessions size will be limited to 50 athletes and will be filled on first come - first served basis*

-Parents/Guardians can only sign up children under their care.

-Breakfast will be served at 8:07 AM and lunch will be served as soon as the program is over.

Requirements

- 1) Must be in the Willowridge attendance zone in 7th – 12th grade for the 2019-2020 school year.
- 2) Must have a physical and emergency contact form on file at WHS HS (athletes from McAuliffe Middle School must get their physical forms from school and bring them to WHS). **You cannot sign up for program without these forms.**
- 3) Have enrollment form and money turned in starting on Monday, May 21st **starting at 8 AM** to Coach Lazarou in order to reserve your spot. We **WILL ONLY accept money on or after May 21st starting at 8 AM.**
- 4) Proper work out attire: Comfortable shirt, shorts (**girls shorts must be 3 inches from the knee at all times**) and running shoes. **Anyone not in Ft. Bend ISD dress code will be sent home.**
- 5) Payments must be made in **CASH** or by **MONEY ORDER (make money order out to FBISD Athletics)**. No checks will be accepted.
- 6) Athletes **WILL** have the option to enroll in the program as long as there are openings in a session but there **WILL NOT** be any prorated fees for days missed. After you sign up there are **NO** refunds.

Other Important Information

By signing, parent 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. Parent also agrees that program staff may dismiss any participant who they deem disruptive and no refund will be due for missed participation.

Name of Athlete (Please Print) _____

Name of Parent (Please Print) _____

Parent's Signature _____

Registration Form

Sign up for:	Price
<input type="checkbox"/> I: 8:30 AM – 10:30 AM	110.00
<input type="checkbox"/> I: 8:30 AM-10:30 AM	35.00

Subtotal: _____

Total: _____

Parent's name: _____

Address _____

Phone _____

Method of Payment:

Cash

Money Order

IMPORTANT ATHLETE INFORMATION

Age: _____ Weight: _____

Gender: _____ Height: _____

Have you participated in the program before?
Circle Yes or No

Willowridge High School
16301 Chimney Rock
Houston, TX 77053

Phone: 281-634-2494

Fax: 281-634-2540

Email: richard.lazarou@fortbendisd.com