



2023 Strength and Conditioning Camp

June 12- July 28, 2023

Registration Form returned to HHS

NAME: _____ AGE: _____ GRADE: _____

SCHOOL: ☐ Hightower HS ☐ Lake O MS ☐ Baines MS ☐ Other _____

ADDRESS: _____
City Zip

PARENTS/
GUARDIANS _____

CONTACT NUMBERS: _____
Home/Cell Emergency Phone

CAMP FEE: ☐ \$125 ☐ \$50 Scholarship (Free/Reduced Lunch)

SESSION: ☐ Boys (7:00am-9:00am) ☐ Girls (9:00am-11:00am)

PLEASE LIST ANY MEDICATIONS OR MEDICAL NEEDS THAT YOUR CHILD HAS: (such as an inhaler, etc.)

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

PARENT/LEGAL GUARDIAN SIGNATURE

DATE

2023 HIGHTOWER STRENGTH AND CONDITIONING CAMP

PARTICIPANTS

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

CAMP DATES

- June 12-June 30 (M-Th 3 wks)
- July 10-July 28 (M-Th 3 wks)
- Boys 7:00 am to 9:00 am
- Girls 9:00 am to 11:00 am
- Athletes may attend **ONLY ONE** session per day

PHYSICALS/RANK ONE

- All participants must have a physical on file dated after April 1, 2023
- All participants must have completed Rank One online forms. See the links below for more information.
www.rankonepsort.com



WHAT TO BRING

- Workout shorts & t-shirt
- Tennis shoes and cleats
- Any needed medication
- Water (gallon is preferred)
- Sunscreen if needed
- Great Attitude/Effort
- Updated physical on file dated after April 1
- Each athlete will have to complete a screening form

CAMP PAYMENT

Cost of the program is \$125 for the entire summer. The scholarship fee of \$50 will require proper documentation. Online payment is preferred. No refunds will be given after the first week of camp begins.

Online payment is available at :

[Click to pay Online](#)

CAMP INSTRUCTORS

The staff at Hightower 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

Toni Santiago—GAC/HD Volleyball
antoINETte.santiagorhodes@fortbendisD.com

Cornelius Anthony –BAC/HD Football
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Carlos Soto – Strength & Conditioning Coach
carlos.soto@fortbendisD.com