

2021 RIDGE POINT PANTHERS ELITE PERFORMANCE CAMP



"We train our athletes for speed, balance, flexibility, core strength and agility"

- **WHERE:** RIDGE POINT FIELD HOUSE AND PANTHER STADIUM
- **WHEN:** June 14- July 15 (MONDAY – THURSDAY) – Off July 5-8
 - **Session #1** 8:00-9:30 (Football Boys entering 9-12)
 - *FB Skills Sessions* 9:30-10:00
 - **Session #2** 10:30-12:00 (All other Girls and Boys entering 7-12)
 - *Skills Sessions* – Contact HC for sport specific times
- **INSTRUCTORS:** Ridge Point HS Coaching Staff
- **COST: \$110 REGISTRATION/\$35 – Free/Reduced Lunch**
 - MUST HAVE VALID PHYSICAL ON FILE WITH RPHS TRAINING STAFF
 - ONLINE REGISTRATION ONLY: NO CASH/CHECK
 - NO REFUNDS
- **ONLINE REGISTRATION (RevTrak):** <https://fortbendis.revtrak.net/hs/RPHS/rphs-sac/#/list>
- **WHAT TO BRING:** You will need to wear shorts, T-shirt, closed toe running/training shoe and a positive attitude. Water will NOT be provided. YOU MUST BRING YOUR OWN WATER BOTTLE.
- **COVID Guidelines:** All athletes will maintain 3 feet of spacing, wear a mask when not participating, and complete temperature and screening procedures each day.



- Athlete's Name: _____
- Select One: **Session 1** (Football 9th-12th) 8:00-9:30
- Session 2** (B/G 7th-12th) 10:30-12:00
- Fall 2021 Grade Entering: 7th 8th 9th 10th 11th 12th
- Parent's Name: _____
- Parent's Email: _____
- Home/Cell Phone: _____ Sport: _____

I HEREBY AUTHORIZE THE DIRECTORS OF THE RIDGE POINT HIGH SCHOOL EPC PROGRAM TO ACT FOR ME IN THE ACCORDANCE WITH THEIR JUDGEMENT IN ANY EMERGENCY REQUIRING MEDICAL ATTENTION. I FURTHER WAIVE AND RELEASE THE STRENGTH CAMP, STAFF MEMBERS AND F.B.I.S.D. FROM LIABILITY FOR DAMAGES FROM INJURIES OR ILLNESS. I KNOW OF NO MENTAL OR PHYSICAL CONDITION WHICH MAY AFFECT MY CHILD'S ABILITY TO PARTICIPATE IN THE STRENGTH CAMP. PARENT ALSO ACKNOWLEDGES THAT THE CAMP STAFF MAY DISMISS ANY PARTICIPANT THEY DEEM DISRUPTIVE, AND NO REFUND WILL BE DUE FOR MISSED PARTICIPATION.

PARENT SIGNATURE: _____ DATE: _____

TRAIN WITH THE BEST! BECOME ELITE!

- Open to ALL Sports!
- Open to Boys and Girls!
- Grades entering 7-12th

IMPROVE YOUR:

- **STRENGTH!**
- **POWER!**
- **SPEED!**
- **AGILITY!**
- **BALANCE!**
- **FLEXIBILITY!**

BECOME THE BEST ATHLETE
YOU CAN BE!!!

PLEASE RETURN THIS FORM TO:

COACH RICK LaFAVERS
RIDGE POINT ATHLETICS
FIELD HOUSE
500 WATER LAKE BLVD
MISSOURI CITY, TX 77459

FOR MORE INFORMATION CONTACT
COACH RICK LaFAVERS
RIDGE POINT ATHLETIC COORDINATOR

rick.lafavers@fortbendis.com

(832) 528 – 1316

MUST LIVE IN RPHS ZONE
ATTENDANCE ZONE

BE ELITE - #PANTHERSTRONG

Receipt #: _____