

2020 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 15- July 16 (MONDAY – THURSDAY) – Off July 6-9
 - **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 MEDICAL HISTORY FORM COMPLETED
- **ONLINE REGISTRATION (pay w/ CC):** <https://fortbendisd.revtrak.net/hs/RPHS/rphs-ssc/#/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.



- Athlete's Name: _____
- Select One: **Session 1** (Football 9th-12th) 8:00-9:30
- Session 2** (B/G 7th-12th) 10:30-12:00
- **MEDICAL HISTORY:** YES NO
- Date of Birth: _____ Fall 2020 Grade Entering: _____
- 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!

- 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 HS
FIELD HOUSE
500 WATER LAKE BLVD
MISSOURI CITY, TX 77459

FOR MORE INFORMATION CONTACT
COACH RICK LaFAVERS
RIDGE POINT ATHLETIC COORDINATOR

rick.lafavers@fortbendisd.com

(832) 528 – 1316

MUST LIVE IN RPHS ZONE

BE ELITE - #PANTHERSTRONG

Receipt #: _____