

2019 Strength and Conditioning Camp

June 3 - August 1, 2019

Registration Form returned to HHS

NAME:			AGE:	GRADE:
SCHOOL:	□ Hightower HS	□ Lake O MS	□ Baines MS	□ Other
ADDRESS:			City	Zip
PARENTS/ GUARDIANS				
CONTACT N	UMBERS:	//Cell	Emergency Phone	
CAMP FEE: ☐ \$110 (Online—Cash—Money order) ☐\$35 Scholarship (Free/Reduced Lunch)				
SESSION: □ Boys (7:30am-9:30) □ Girls (9:30-11:30)				
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/LEC	GAL GUARDIAN SIGN	ATURE		DATE

2019 HIGHTOWER HURRICANES S&C 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 3rd —June 27th (M-Th-4 weeks) July 1st -July 12th- Summer Break July 15th — 18th July 24—August 1th (M-Th—3 weeks)

Boys – 7:30 am—9:30 am Girls—9:30 am– 11:30 am

- Athletes may attend **ONLY ONE** session a day
- Both sessions are reserved for <u>JH and Incoming 9th Grade Athletes</u>

Online Payment and preregistration is preferred. In order to participate, you must have a signed registration form and full camp payment on record. On Site registration will be at Hightower High School Fieldhouse.

WHAT TO BRING

- Workout shorts & t-shirt
- Tennis shoes and cleats
- Any needed medication
- Sun Screen if needed
- Great Attitude/Effort
- Water will be provided
- Updated physical on file

CAMP PAYMENT

The camp fee is \$110.00 for the entire summer. Full payment online, cash or money order must accompany the registration form. No refunds will be given once a camper has begun training. The \$35 Scholarship must be paid in person.

Online payment is available at:

Click to pay Online

Money Orders made payable to:

Hightower High School

CAMP INSTRUCTORS

The staff at the 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

Joseph Sam— CAC/Hd FB Coach E-mail: joseph.sam@fortbendisd.com Phone: (281) 634-5295

Deborah Mize—GAC/Hd Basketball E-mail: deborah.mize@fortbendisd.com