



2020 Strength and Conditioning Camp

June 10 - July 30, 2020

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: ☐ \$110 (Online—Cash—Money order) ☐ \$35 Scholarship (Free/Reduced Lunch)

SESSION: ☐ Boys (7:00am-9:00am) ☐ Girls (8:00am-10:00am)

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

2020 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 10th —July 2nd (M-Th- 4 weeks)

July 6th -July 10th- Summer Break

July 13th — 16th

July 20th—July 23rd (Summer Break)

July 27—July 30th

Boys — 7:00 am—9:00 am

Girls—8:00 am- 10:00 am

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

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
- Water (gallon is preferred)
- Sun Screen if needed
- Great Attitude/Effort
- Cloth facemask (for indoor purposes)
- Updated physical on file
- Each athlete will have to complete screening form

CAMP PAYMENT

Cost of the program is \$110 for the entire summer. Online payment is preferred. 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. We will also be following the UIL/FBISD guidelines for Covid-19 to ensure safety of student-athletes.

CONTACT INFO

Joseph Sam— BAC/Hd FB Coach
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Phone: (281) 634-5295

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