



MUSTANG & FILLIE STRENGTH AND CONDITIONING CAMP

When: June 6th to July 21st (Monday-Thursday) Camp Break (July 4th-7th)
Who: All Mustangs & Fillies entering 7th – 12th Grade
Where: Shallowater HS Athletic Facility
Cost: \$75 Per Athlete / \$50 Each for Siblings
Session 1: 7:00am to 8:00am – Incoming 9th-12th Boys
Session 2: 9:00am to 10:00am – Incoming 7th – 12th Girls
Session 3: 9:00am to 10:00am – Incoming 7th & 8th Boys
Questions: Coach Vincent 806-832-4531 Ext. 6009 or rvincent@shallowaterisd.net

**This camp is designed to help high school athletes reach their athletic potential by developing and increasing strength and speed through weight training and speed/agility enhancement drills. Basic Fundamentals and Safety will be taught in Weight Training, Core, Flexibility, Speed & Agility, and Conditioning.*

**Registration can be mailed or can be taken care of the 1st day.*

Checks Payable to: Shallowater ISD
Mail registration to: Shallowater Athletics c/o Coach Vincent
1100 Avenue K
Shallowater, TX 79363

Athlete Name: _____

Grade (2022-2023): _____ Session: 1 2 3

T-Shirt Size: AS AM AL AXL AXXL AXXXL

Parent Name: _____

Parent Phone: _____ Email: _____

Parent Address: _____

WAVIER OF CLAIMS: I hereby release any claim against Shallowater ISD, or any of their agents, staff or coaches, which may occur from any injury or other damage while on the property of Shallowater HS. I hereby certified that the athlete listed above is in good physical condition and does not have any pre-existing medical conditions that would prevent him/her to fully participate in rigorous athletic drills.

PARENT/GUARDIAN SIGNATURE

DATE