



# NORTH SHORE FOOTBALL



## SPEED & STRENGTH SUMMER PROGRAM

THIS IS THE STRENGTH AND CONDITIONING PROGRAM, CONDUCTED BY THE COACHES OF THE NORTH SHORE FOOTBALL PROGRAM. THE CAMP IS AVAILABLE TO ATHLETES GOING INTO GRADES 7<sup>TH</sup> – 12<sup>TH</sup> (2017-2018 SCHOOL YEAR) IN THE NORTH SHORE SYSTEM (NORTH SHORE SENIOR HS, NORTH SHORE 9<sup>TH</sup> GRADE CENTER, CUNNINGHAM MS, & NORTH SHORE MS). THE PROGRAM WILL BE HELD FOR 2 HOURS A DAY, MONDAY THROUGH THURSDAY, FOR SIX WEEKS. INCOMING 7<sup>TH</sup>& 8<sup>TH</sup> GRADERS WILL HAVE CAMP FROM 8:00-10:00 AT THE 9<sup>TH</sup> GRADE CAMPUS. INCOMING 9<sup>TH</sup>-12<sup>TH</sup> GRADERS WILL HAVE CAMP FROM 10:00-NOON AT THE GPISD STADIUM FIELDHOUSE (TIMES AND LOCATIONS ARE SUBJECT TO CHANGE).

### REQUIREMENTS:

- 1.) ALL ATHLETES MUST BE ZONED OR ENROLLED IN A NORTH SHORE FEEDER PROGRAM FOR THE 2017-2018 SCHOOL YEAR (GRADES 7-12 ONLY!)
- 2.) ALL ATHLETES MUST HAVE A CURRENT PHYSICAL AND EMERGENCY CARD ON FILE WITH THE ATHLETIC TRAINING DEPARTMENT AT NORTH SHORE SENIOR HIGH SCHOOL.
- 3.) THE CAMP TUITION WILL BE \$80.00 FROM APRIL 15<sup>TH</sup> – JUNE 15<sup>TH</sup>. REGISTRATION AFTER JUNE 15, 2017 WILL BE \$100.00 (NO EXCEPTIONS). NO CHECKS - WE CAN ONLY ACCEPT CASH OR MONEY ORDERS MADE PAYABLE TO: GALENA PARK ISD. PLEASE CHECK THE GALENA PARK ISD DISTRICT WEBSITE FOR INFORMATION REGARDING ON-LINE CAMP PAYMENTS.

REGISTRATION WEEK: JUNE 5<sup>TH</sup>-7<sup>TH</sup> (NORTH SHORE SENIOR HIGH SCHOOL FIELDHOUSE)

WEEK 1: JUNE 12<sup>TH</sup> – JUNE 15<sup>TH</sup>

WEEK 4: JULY 10<sup>TH</sup> - JULY 13<sup>TH</sup>

WEEK 2: JUNE 19<sup>TH</sup> - JUNE 22<sup>ND</sup>

WEEK 5: JULY 17<sup>TH</sup> - JULY 20<sup>TH</sup>

WEEK 3: JUNE 26<sup>TH</sup> - JUNE 29<sup>TH</sup>

WEEK 6: JULY 24<sup>TH</sup> - JULY 27<sup>TH</sup>

THE NORTH SHORE FOOTBALL CAMP WILL BE HELD FROM AUGUST 7<sup>TH</sup> THROUGH AUGUST 10<sup>TH</sup> FOR ALL ATHLETES GRADES 7<sup>TH</sup> – 9<sup>TH</sup> (FOR THE 2017-2018 SCHOOL YEAR) INTERESTED IN PLAYING FOOTBALL IN THE NORTH SHORE PROGRAM. TUITION TO THIS CAMP IS INCLUDED IN THE SPEED & STRENGTH PROGRAM.

### REGISTRATION INFORMATION

ATHLETE'S FULL NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

LAST GRADE COMPLETED: \_\_\_\_\_ LAST SCHOOL ATTENDED: \_\_\_\_\_

WHAT GRADE WILL THE ATHLETE BE IN FOR 2017-18 SCHOOL YEAR?: \_\_\_\_\_

WHAT SCHOOL WILL THE ATHLETE ATTEND FOR THE 2017-18 SCHOOL YEAR?: \_\_\_\_\_

PARENT/GUARDIAN NAME: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMERGENCY CONTACT PERSON: \_\_\_\_\_

RELATIONSHIP: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

**PLEASE SEE THE REVERSE SIDE OF THIS REGISTRATION FORM FOR WAIVER**

**LIABILITY, MEDICAL, & INSURANCE WAIVER:**

THIS IS TO CERTIFY THAT I, PARENT OR LEGAL GAURDIAN OF \_\_\_\_\_, A PARTICIPANT IN THIS STRENGTH AND CONDITIONING PROGRAM, AGREE THAT THE PROGRAM ADMINISTRATORS/COORDINATORS AND/OR EMPLOYEES OF GALENA PARK ISD WILL NOT BE HELD RESPONSIBLE FOR INJURIES AND DEATH THAT COULD OCCUR WHILE PARTICIPATING IN THIS PROGRAM, OR BEING TRANSPORTED TO OR FROM THE PROGRAM SESSION(S). I DO, HEREBY, RELEASE AND DISCHARGE THE ABOVE MENTIONED INDIVIDUALS AND SCHOOL DISTRICT THEREOF FOR ALL CLAIMS OR DAMAGES, DEMANDS, ACTIONS, OR WHATSOEVER IN ANY MANNER ARISING OR GROWING OUT OF MY SON'S/DAUGHTER'S PARTICIPATION IN THE SPEED & STRENGTH COURSE. I GIVE THE RIGHT, HOWEVER, FOR THE SPEED & STRENGTH COURSE PERSONNEL TO ADMINISTER MEDICAL ATTENTION, UTILIZING MEDICAL FACILITIES IN THE AREA IF NECESSARY, IN CASE OF INJURY. I CARRY INSURANCE FOR THE PLAYER AFOREMENTIONED AND DO NOT HOLD THE PROGRAM RESPONSIBLE FOR INSURANCE. I AM AWARE THAT THE SPEED & STRENGTH COURSE RESERVES THE RIGHT TO DISCONTINUE AN ATHLETE'S PROGRAM AT ANY TIME FOR ANY REASON.

ATHLETE'S NAME: \_\_\_\_\_

PARENT/GAURDIAN SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

**FOR CAMP USE ONLY:**

GRADE CHK: \_\_\_\_\_ SCHOOL CHK: \_\_\_\_\_ INFO CHK: \_\_\_\_\_

PHYSICAL: \_\_\_\_\_ EC: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

AMT PAID: \_\_\_\_\_ PAYMENT NOTES: \_\_\_\_\_

SHIRT SIZE: \_\_\_\_\_ SHORT SIZE: \_\_\_\_\_ COACH: \_\_\_\_\_