

## ***St. John XXIII Strength and Conditioning Camp***

***Purpose:*** To offer athletes, boys and girls, a six-week instructional camp concentrating on the proper techniques of weightlifting, circuit training, coordination drills, plyometric, and conditioning. This camp is not sport specific and will be a great way for all athletes to improve their fitness levels. *This six-week camp is approved by St. John XXIII College Preparatory and presents an opportunity for students to receive physical education credit.*

***Date: June 12th to July 20th***

Monday thru Thursday

Times: Boys: Returning or upper class 8:00am to 10:00am

Boys: Freshmen or younger 9:00am to 11:00am

Girls: All grades (separate from boys) 9:00am to 11:00am

***Location: St. John XXIII College Preparatory***

1800 West Grand Parkway N.

Katy, TX 77449

***Ages: 7<sup>th</sup>-12<sup>th</sup> grade Cost: \$200 per participant***

What to bring: Workout attire with indoor and outdoor shoes, a commitment to work hard, and a desire to succeed. The camp will provide water and a camp t-shirt.

***Registration: All registration forms must be received  
by June 9th***

### ***Registration Form***

Name \_\_\_\_\_

Birthdate \_\_\_\_\_

Address \_\_\_\_\_

Hm Phone \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Cell \_\_\_\_\_ Grade \_\_\_\_\_

Parents \_\_\_\_\_

Emergency# \_\_\_\_\_

School Attending \_\_\_\_\_

T-shirt size \_\_\_\_\_

I understand that the SJXXIII Strength and Conditioning camp is physical and demanding. I affirm that my health is good, and that I am not under a physician's care for any undisclosed condition that bears upon my fitness to participate in the SJXXIII camp. I understand that each participant must assume the risk of physical injury that could result from the SJXXIII camp. I hereby grant permission, for St. John XXIII High School personnel to authorize medical treatment for my child in the event that my spouse or I cannot be reached. I, undersigned for myself and my heirs, do hereby release SJXXIII of Katy and its employees and agents from any all claims for injury, loss, or damage I, or my child, may suffer as a result of my/their participation. This includes any injury caused by the negligence, if any, of the SJXXIII camp, its officers, employees, agents, volunteer, or the negligence of anyone else. I have carefully read the release of Liability and fully understand its content.

Parents Signature \_\_\_\_\_

Date \_\_\_\_\_