

Camp Objectives

The Bandera High School Summer Strength and Conditioning Camp is designed to improve the explosive power, strength, speed, quickness, and agility of all participants. The camp will be conducted by the Bandera Coaches. The camp will run Monday through Thursday from 7:30 am - 9:30 AM. The camp will last for six weeks beginning June 18th and concluding July 26th. The week of the 4th of July holiday we will only have camp on Monday and Tuesday. Camp registration is \$30. Their also will be open weight room in the evenings from 5:30—6:45 PM.

Camp Focus

Power and Strength...participants will engage in a weight program designed to increase explosive power and strength through the use of ground-based, multiple joint weight exercises, plyometrics, and agility drills.

Speed, Agility, Coordination...activities and exercises will be utilized with an emphasis on proper technique so that permanent, positive changes in acceleration, change of direction, and top speed running will be realized.

Flexibility and Mobility...emphasis will be given to increasing participant flexibility and mobility by teaching proper mechanics and utilizing specific exercises designed towards increasing the athlete's full range of motion.

Injury Prevention...participants, through increased flexibility, mobility, and core strength will enhance joint stabilization, thus reducing the likelihood of future athletic injury.

BANDERA HIGH SCHOOL ATHLETIC DEPARTMENT MISSION STATEMENT



*EACH SEASON WE WILL
RELENTLESSLY PURSUE ATHLETIC AND
ACADEMIC EXCELLENCE BY STRIVING TO
DO THINGS BETTER THAN THEY HAVE
EVER BEEN DONE BEFORE !*

WE WILL CREATE AND NURTURE A POSITIVE ENVIRONMENT THAT DEVELOPS AND PROMOTES CONFIDENCE, LEADERSHIP, AND SELF-ESTEEM. WE WILL UTILIZE SOUND AND ORGANIZED TEACHING PRINCIPLES AND PROGRESSIONS, TEACH AND PRACTICE SOLID AND PROVEN FUNDAMENTALS, AND WE WILL INSTILL AND FOSTER IN OUR ATHLETES THE VALUES OF OVER-ACHIEVEMENT, HUSTLE, HONESTY, SELF-DISCIPLINE, ATTENTION TO DETAIL, AND RESPECT.

BANDERA HIGH SCHOOL ATHLETIC DEPARTMENT



**2018
SUMMER
STRENGTH
AND
CONDITIONING
CAMP**

**Monday, June 18-
Thursday, July 26,
2018**

Release Form/Emergency Information

As a custodial parent or court-appointed guardian of _____ (child’s name), I do for both of child’s parents, for child and child’s heir and successors, release “BANDERA BULLDOG STRENGTH AND CONDITIONING CAMP” and any of its agents, employees, or staff from all claims arising out of or connected with the child’s participation in any of the “BANDERA BULLDOG STRENGTH AND CONDITIONING CAMP” activities. I provide this release because I am mindful that athletics, physical training and competition can be a dangerous undertaking regardless of how careful or prudent any person, firm, or facility might be. Furthermore, I give permission to the staff of “BANDERA BULLDOG STRENGTH AND CONDITIONING CAMP” to treat child or arrange for medical care or treatment deemed necessary. If circumstances permit, the staff will attempt to communicate via telephone with the following emergency contacts for child.

Primary Emergency Contact

(NAME, RELATIONSHIP, PH. #)

Secondary Emergency Contact

(NAME, RELATIONSHIP, PH. #)

In the event neither emergency contact can be reached, or if the urgency of the situation requires immediate attention without prior telephone contact, “BANDERA BULLDOG STRENGTH AND CONDITIONING CAMP” staff may arrange for medical treatment at the expense of parent or guardian signing form. Health insurance, PPO info child follows.

Ins. Company: _____

Policy #: _____

Address: _____

Telephone: _____

Allergies (if any): _____

Heart disease or other: _____

PARENT OR GUARDIAN

DATE

Dates: Monday, June 18 - Thursday, July 26th

When: Monday through Thursday

Holidays: Week of July 4th and 5th(No Camp)

Time: Session I: 7:30 AM - 9:30 AM (Grades 7 - 12)

Who: Incoming 7th-12th grade male & female student athletes.

Where: Bandera High School athletic facilities

Cost: \$30.00 (cash, check, or money order)

Payment Method: Please make checks payable to Bandera High School. Pay in person prior to start of camp, pay on first date of Strength and Conditioning Camp or mail payment to:

Bandera High School

Attn: Coach Hamilton

PO Box 727

Bandera, Texas 78003

Contact Phone Number: 796-6245 (Coach Hamilton)

REGISTRATION INFORMATION

STUDENT’S NAME: _____

ADDRESS: _____

LAST SCHOOL ATTENDED: _____

GRADE NEXT YEAR(2018-2019): _____

SPORT(S) PLAYED: _____

AMOUNT ENCLOSED: \$ _____