



# 2016 KELLER INDIAN



## STRENGTH & CONDITIONING CAMP

**Dates:** June 13-30 and July 11-28 (Monday –Thursday for 6 Weeks)

\*There will be no workouts the week of July 4-8—KISD will be closed.

**Location:** K.I.S.D . Stadium / Field House @ Keller High School

**Eligibility:** 10th-12th grade (8:00am-9:30) 7th-9th grade (10:00-11:30)

**Cost:** \$125.00

**What To Bring:** Football Cleats, Sneakers, Water bottle, Shorts and T-Shirt

**Benefits:** \*Strength, Speed, and Quickness training .

\*Improving overall athleticism.

\*Age and ability specific training.

**Make Checks Payable to:**

***Keller ISD***

**Mail to:**

Coach Carl Stralow  
601 N. Pate Orr Rd.  
Keller, TX 76248

### Strength and Conditioning Camp

Name \_\_\_\_\_ Grade Fall of 2016 \_\_\_\_\_

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

School Attending in Fall of 2015 \_\_\_\_\_

Parent's Name \_\_\_\_\_ Work # \_\_\_\_\_ Cell # \_\_\_\_\_

Parent's Email \_\_\_\_\_

**T-shirt size (please circle)**

**Youth L XL**

**Adult S M L XL XXL**

PARENTAL CONSENT: The signature below gives my consent for the mentioned athlete to participate in the Keller High School Strength and Conditioning Camp. It is understood that even though preventive measures are taken, the possibility of an accident still remains. The Keller Independent School District and the Keller High School coaching staff, or any other camp clinicians assumes not responsibility should and accident occur.

**PARENT SIGNATURE:** \_\_\_\_\_