

SANGER INDIANS CHAMPIONS CAMP

2017

(INCOMING 7TH - 12TH GRADES)

CAMP OBJECTIVE:

CHAMPIONS CAMP HAS BEEN ESTABLISHED TO PROVIDE STRENGTH AND CONDITIONING TRAINING FOR ATHLETES AT SANGER HIGH SCHOOL AND SANGER MIDDLE SCHOOL. THE TRAINING WILL CONSIST OF WEIGHTS, RUNNING, SPEED AND AGILITIES, AND PLYOMETRIC DRILLS. THE GOAL OF CHAMPIONS CAMP IS TO CREATE AN ENVIRONMENT WHERE UNITY AND HARD WORK ARE PROMOTED ON A DAILY BASIS.

EQUIPMENT:

EACH CAMPER SHOULD BRING SHOES (AND CLEATS IF POSSIBLE), SHORTS, AND T-SHIRT. DRINKS IN NON-BREAKABLE CONTAINERS CAN BE BROUGHT. WATER WILL BE PROVIDED FREE OF CHARGE.

AGES:

THIS CAMP IS OFFERED FOR STUDENTS ENTERING 7TH - 12TH GRADES, ALL STUDENTS WILL REPORT TO THE HIGH SCHOOL

DATES AND TIME OF CAMP:

MONDAY - THURSDAY (JUNE 5TH - 29TH AND JULY 10TH - 20TH) - SIX WEEKS TOTAL

7:00 AM - 9:00 AM

COST OF CAMP:

THE COST OF CAMP IS \$90.00. THIS INCLUDES A CAMP T-SHIRT.

**MAKE CHECKS PAYABLE TO: SANGER CHAMPIONS CAMP

2017 CHAMPIONS CAMP REGISTRATION FORM

(PLEASE PRINT INFORMATION CLEARLY)

CAMPER NAME: _____

GRADE ENTERING: _____

PARENT/GUARDIAN NAME: _____

PHONE: _____

ADDRESS: _____

SHIRT SIZE:

S

M

L

XL

XXL

3XL

PLEASE RETURN TO COACH FORD AT THE HIGH SCHOOL OR MAIL TO:

COLE FORD

SANGER HIGH SCHOOL

100 INDIAN LN

SANGER, TX 76266

MEDICAL RELEASE

I ASSUME ALL RISKS AND DO HEREBY WAIVE, RELEASE AND AGREE NOT TO HOLD RISK, THE ORGANIZERS, SUPERVISORS AND PARTICIPANTS RESPONSIBLE FOR ANY INJURY THAT MAY OCCUR WHILE PARTICIPATING IN THIS CAMP. AS THE PARENT OR LEGAL GUARDIAN OF THE ABOVE NAMED STUDENT, I HEREBY GIVE CONSENT FOR EMERGENCY MEDICAL CARE PRESCRIBED BY A DULY LICENSED DOCTOR OF MEDICINE OR DENTISTRY. THIS CARE MAY BE GIVEN UNDER WHATEVER CONDITIONS ARE NECESSARY TO PRESERVE THE LIFE OR WELLBEING OR MY DEPENDENT.

PARENT/GUARDIAN SIGNATURE: _____ DOCTOR TO NOTIFY: _____

MEDICAL PROBLEMS OF CAMPER: _____

"FOR THE TRIBE"

CHAMPIONS CAMP 2017 SUMMER CALENDAR

JUNE 2017

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

KEY

CHAMPIONS CAMP

FIRST DAY OF FOOTBALL

JULY 2017

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST 2017

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		