

SMITHSON VALLEY HIGH SCHOOL 2010 SUMMER CONDITIONING PROGRAM GRADES 10-12

Dates: June 14 - July 1 and July 12 – 29 (Monday through Thursday).
*****Please note that there will be no program during the week of July 5-9.

Daily Time: 7:00 – 9:00 A.M.

Where: Smithson Valley High School

Who: Athletes of all sports from incoming 10th graders through incoming 12th graders

What: Strength, speed, quickness development course conducted by a trained strength and conditioning staff

Cost: \$75 per person (Make checks payable to S.V.H.S.)

Questions: Call SVHS Athletic Office (885-1069)

PARENTAL RELEASE FORM

Athlete's Name _____

Athlete's Grade Level Next Year _____

Sport(s) the Athlete Will Play Next Year _____

Street Address _____

City, State, Zip _____

Athlete's Cell Phone # _____

Parent Cell Phone # _____

I agree that neither Smithson Valley High School nor any of its workers or representatives are to assume any responsibility in case an accident occurs. If, in the judgment of any workers or representatives of the camp, the above athlete should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said athlete by any physician, trainer, nurse, or camp representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said athlete.

Parent's Signature _____

***** Return the completed release form with cash or check to your son or daughter's on campus coach as soon as possible or send to:

Randy Quisenberry
S.V.H.S.
14001 Highway 46 West
Spring Branch, TX 78070