

# SMITHSON VALLEY HIGH SCHOOL

## 2010 SUMMER CONDITIONING PROGRAM

### GRADES 7-8-9

**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:** 9:15 - 10:45 A.M.

**Where:** Smithson Valley High School

**Who:** Athletes of all sports from incoming 7<sup>th</sup> graders through incoming 9<sup>th</sup> 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)

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## 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