

**CANYON COUGARS SUMMER 2010  
STRENGTH AND CONDITIONING PROGRAM  
INCOMING GRADES 7<sup>th</sup> and 8<sup>th</sup>**

**Dates:** June 7 – July 1 and July 12 – 23 (Monday through Thursday)  
July 26 – August 5 the weight room will be open from 8:00 – 4:00 (Monday through Thursday)

\*\*\* Please note that there will be no program during the week of July 5-9.

**Daily Time:** 5:30 – 6:30 (This will be only for incoming 7<sup>th</sup> and 8<sup>th</sup> graders)

**Where:** Canyon High School

**Who:** Incoming athletes of all sports for the grades 7-8.

**What:** Strength, speed, and agility development course conducted by the Canyon Cougar athletic staff.

**Cost:** \$75 per person when paid by May 21<sup>st</sup> (\$90 afterward)  
**Make checks payable to Canyon Athletics**

**Contact:** Call Canyon Athletic Office (830-221-2400)

**Please detach and return registration and fees to Matt Elliott by Friday, May 21<sup>st</sup>.**

Mail to: Matt Elliott  
1510 IH 35 North  
New Braunfels, TX 78130

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Athlete's Name \_\_\_\_\_

Athlete's Grade Level Next Year \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Athlete's Cell Phone \_\_\_\_\_

Parent Cell Phone \_\_\_\_\_

Waiver or Claims: In and for consideration of my participation in this program, we hereby agree and promise that we will not hold the Comal Independent School District, its employees, or any instructors responsible for any loss, damages, or personal injuries that we may receive as a result of participation. This waiver liability expressly includes transportation to and from, or in connections with, said program.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

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