

**CANYON COUGARS SUMMER 2010
STRENGTH AND CONDITIONING PROGRAM
INCOMING GRADES 9-12**

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 Times: 8:00 – 10:00 AM or 6:30 – 8:30 PM (you can only attend one session per day)

Where: Canyon High School

Who: Incoming athletes of all sports for the grades 9 – 12.

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

Cost: \$75 per person when paid by May 21st (\$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 21st.

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

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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