

*Pasadena Memorial
Speed and Strength Camp
2017*

Team Building

***Be Prepared For The Fall**



Mavericks In The House

*This Camp Is Not Sport Specific
Everyone With A Desire To Improve
Is Welcome*

We Are Building:

Speed / Power / Flexibility / Endurance / Muscular Strength / Agility / Balance / Coordination

Leadership

***Open To All Incoming Freshmen
And All Memorial Athletes**



Memorial Speed and Strength Camp

Campus Coordinator: Chris Quillian

Camp Director: Henry Coleman

*Pasadena Memorial Athletic Staff
Will Be the Instructors.

Dates: June 12 – July 20
Monday – Tuesday – Thursday

Where: Pasadena Memorial Fieldhouse
Cost: \$50.00

Phone: 281-723-5262

E-Mail: cquillian@pasadenaisd.org

Waiver**

In and for the consideration of my son's/daughter's Participation in the Memorial Speed and Strength Camp, I hereby agree and promise I will not hold the Memorial Camp nor its employees responsible for any loss, damages, or personal injuries that he/she may receive as a result of participation. This must be signed prior to participation.

Parent or Guardian _____

Camp Sign-Up Form

Sign Up For:	<u>Time</u>
_____Morning Sessions	8-10 / 10-12 Freshman
_____Afternoon	4-6 Anyone

Name

Address

Phone

Grade (2017 - 18)

Method of Payment Can Be Either:

Money Order Cash

****Pasadena Independent School District does not carry insurance for summer fitness programs.**
