

*Pasadena Memorial  
Speed and Strength Camp  
2017*

# Team Building

**\*Be Prepared For The Fall**



# Leadership

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



## 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**

# 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](mailto: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.**

---