

# TOMPKINS FALCONS STRENGTH AND CONDITIONING 2015 CAMP

<u>Dates:</u> June 8 - July 23 Tompkins High School
\*\* NO workout June 29 - July 2 \*\*
Camp will be conducted Monday thru Thursday

Cost: \$100.00

Session 1 \_\_\_\_\_

Session 2 \_\_\_\_\_

Session 3

## Make checks payable to KISD

(NO REFUNDS)

You may also register and pay for the strength and conditioning camp using your student's MyPaymentsPlus account. Information about MYPaymentsPlus can be found on the parent resources tab at www.katyisd.org.

Incoming 7th and 8th graders

(No workouts on week 1)

**Who can come:** All WCJH and SLJH athletes zoned to Tompkins High School All OTHS athletes (girls & boys)

Supervised by the Coaching Staff

#### You must have an approved KISD physical packet on file to participate

### Falcon Camp 2015 Philosophies

•Develop Mental Toughness •Build an **ATHLETE!** •Rest is **ESSENTIAL!** •Develop strength, power, flexibility, and muscular endurance •Demand consistency and INTENSITY! •**TECHNIQUE** is most important aspect of strength and conditioning Name\_\_\_\_\_Cell\_\_\_\_ Address\_\_\_\_\_ City\_\_\_\_ Emergency Contact Name:\_\_\_\_\_\_Cell #\_\_\_\_\_\_ Sport(s):\_\_\_\_\_\_\_Grade \_\_\_\_\_\_As of 8/1/2015 \_\_\_\_\_ (for incoming 7th and 8th graders) Current Junior High Are you zoned to go to school at Tompkins High School? Please circle yes or no. M L XL XXL Tee Shirt Size Choose 1

\*PLEASE COMPLETE THE FRONT AND BACK OF THIS FORM\*

7:30 AM-9:30 AM

10:00 AM-12:00PM

4:30 PM-6:30PM

#### **Attention Falcon Athletes!**

We would like to invite you to join the Tompkins Coaching Staff for the 2015 Strength and Conditioning Camp!

All WCJH, SLJH zoned to Tompkins, incoming Tompkins freshmen and upperclassmen are welcome to attend. We are excited to have the opportunity to work with you as you prepare for athletics at Tompkins High School.

Our camp will give you the chance to develop your speed and agility, and also increase your strength and mental toughness. This camp is a great asset for you before the 2015 school year begins.

Please direct questions to:
Tompkins Athletic Coordinator:
Coach Tademy
281. 234.1000
anthonydtademy@katyisd.org

Please mail camp registration
As soon as possible to:
Tompkins S & C Camp
4400 Falcon Landing Blvd.
Katy, TX 77494



warm ups (including abs work),
conditioning,
speed,
agility,
plyos,
circuit training,
and weights

	and weights
I agree to indemnify and District, any employee, administrator and/or board member from accident, injury, or illness, damage to your property or any oparticipation in the following activity:	
I understand if I am a member or a parent/guardian of a member the District Insurance does not cover any injuries sustained while medical claims must be filed with the participant's "private in:	participating in this event. Any and all
I agree to indemnify and hold Katy Independent School District it: harmless from any and all claims against Katy Independent School or agents made by third parties which result from the above-name this event.	ool District its trustees, officers, employees
Furthermore, I hereby expressly release and agree to hold harm above named person, the Katy Independent School District, its from all claims or actions of whatsoever nature, in tort or in contribad, now has or may have in the future against the Katy Independent of the contribution of t	trustees, officers, employees or agents act, that I or the above named person ever ident School District its trustees, officers,
In consideration of the above-named person being permitted to waive all claims to which I may otherwise be entitled, includin expenses and wages.	
I recognize that the Katy Independent School District, its trustees, officers, employees or agents have sovereign immunity and governmental immunity under Texas Law. I understand that the Katy Independent School District, its trustees, officers, employees or agents are not waiving any sovereign or governmental immunity that it or they have under Texas or other applicable law.	
I, the undersigned, have read this release and understand all its with full knowledge of its significance.	terms. I have executed it voluntarily and
Signature of Student	Date Signed
Printed Name of Student	
Signature of Parent/Guardian	Date Signed
Printed Name of Parent/Guardian:	
Address:	
City, State and Zip Code:	
Phone Number:	