



# BOYS POWER CAMP



➤ **10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> Grade Camp Dates:** June 5<sup>th</sup> – July 20<sup>th</sup>; Mon. - Thur.  
 ➤ **Price for 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> Grade Camp:** \$60.00 For Power Camp  
 ➤ **Times for 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> Grade Camp:** 7:30 am to 10:00 am

➤ **7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> Grade Camp Dates:** June 5<sup>th</sup> – 29<sup>th</sup>; Mon. – Thur.  
 ➤ **Price for 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> Grade Camp:** \$40.00 For Power Camp  
 ➤ **Times for 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> Grade Camp:** 10:00 am to 11:30 am

➤ **DAYS:** The camp will run Monday through Thursday. We will not have camp on July 17<sup>th</sup> or 18<sup>th</sup>.  
 ➤ **LOCATION:** HAYS High School Weight Room and Stadium.  
 ➤ **REGISTRATION:** \*\*\* REGISTER ONLINE: <https://www.hayscisd.net/Page/12320> (WEB STORE)

### QUESTIONS

- Q. What types of exercises are involved in this program?** *A: The strength development program will fit the specific needs of the athletes sport, position, age and weakness. Emphasis is on the core lifts of Squat, Clean, Bench & Incline. A large variety of lifts will be performed with explosiveness being the focus in the weight room. Speed development is the focus of the outside program. Flexibility, weight training, speed & agility training, and conditioning are incorporated in the camp.*
- Q. Where is the camp held and when?** *A. Our camp is run out of the high school weight room, track and practice fields. Workouts are each Monday thru Thursday for 6 Weeks. The camp will be conducted by the Hays coaching staff. This camp will follow the guidelines as outlined by the UIL.*

### HAYS C.I.S.D. RELEASE OF LIABILITY FORM

Participant releases the Hays C.I.S.D., its officials, employees and volunteers from any and all liability for any claim by Participant of bodily injury, property damage, or other legal injury of any description arising from Participant's use of Hays C.I.S.D. facilities or participation in or attendance at the Camp / Event. The term "Participant" includes both the Individual Participant and any parent or guardian signing this document on behalf of the Participant. Participant further covenants and agrees that Participant or Participant's legal representatives will not assert or file any claim against Hays C.I.S.D., its officials, employees or volunteers seeking monetary or other relief of any description based on any claims released in this document. Participant agrees to indemnify and hold harmless Hays C.I.S.D., its officials, employees or volunteers from all costs and expenses of defending against such claims. The release and indemnity obligations of Participant shall apply without regard do whether the bodily injury, property damage, or other legal injury complained of were caused, in whole or in part, by the Hays C.I.S.D., its officers, employees or volunteers. This release does not waive any claim of governmental or statutory immunity or any other legal defense available to the Hays C.I.S.D. or its officials, employees or volunteers under Texas or federal law. By signing below I certify that I have read, understand and accept the terms of this document. I further certify that I am aware that this document contains a release of important legal right and that I may consult an attorney prior to signing.

➤ **PLEASE PRINT:** For More Information Contact: Les Goad at : [les.goad@hayscisd.net](mailto:les.goad@hayscisd.net)

❖ **ATHLETE'S NAME:** \_\_\_\_\_ **2023 GRADE LEVEL:** \_\_\_\_\_

❖ **ATHLETE'S CELL #** \_\_\_\_\_ **SCHOOL ID #:** \_\_\_\_\_

❖ **PLEASE SELECT ONE OF THE FOLLOWING GROUPS:**  
 \_\_\_ 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> Session Beginning June 5<sup>th</sup> – 7:30–10:00 Monday – Thursday  
 \_\_\_ 7<sup>th</sup> & 8<sup>th</sup> Session Beginning June 5<sup>th</sup> – 10:00-11:30 Monday – Thursday

❖ **PARENT CELL #:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

X \_\_\_\_\_ X \_\_\_\_\_

**Parent / Guardian Signature** **Parent / Guardian Printed Name**

**Office Use Only:** Payment Received: \$ \_\_\_\_\_ Payment Type: Ck \_\_\_ / CC \_\_\_ / Cash \_\_\_ / W \_\_\_