



Hays High School

Lady Hawk Power Camp



When: June 19th – July 20th; Mon. - Thurs.

Camper Name

(no workouts July 4th week)

Where: Hays HS (Bales Gym)

Athlete Cell #

Time: 9:00 AM - 11:00 AM

Parent Name

Who: Incoming 6th - 12th graders

Parent Cell #

Cost: \$40

Grade ('23-'24)

For more information, contact Deatrick Stigall at deatrick.stigall@hayscisd.net

Power Camp Activities

The strength development program will fit the specific needs of the athlete's sport, position, age, and weakness. 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 will be incorporated in the camp.

Registration and Payment Information

<https://hayscisd.revtrak.net/Middle-Schools-and-High-Schools/hays-high-school/hhs-athletics/#/list>

Hays CISD 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. Participants agree to indemnity 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 to 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 rights and that I may consult an attorney prior to signing.