

B.C.S. Athletic Department

TrainAnd Conditioning

Summer Program

Our Training And Conditioning program is designed to challenge and train Bracken athletes physically, mentally, and spiritually. The month long camp will work on strength training, endurance, speed, agility, coordination, and overall physical development. We will also focus on developing our athletes spiritually by helping them understand the significant spiritual values and lessons of athletic training and competition.

Ages: Incoming 7th – 12th graders for 2008-09
Dates: July 7-31st, every Mon.-Thurs.
Times: 8:00 a.m.-10:00 a.m. for boys
10:00 a.m.-12:00 p.m. for girls
Cost: \$90.00 per student

Students Name: _____ Grade for 2008-09: _____

Home Phone: _____ Students Cell: _____

Parents Cell: _____ Emergency Number(s): _____

Person to contact in an emergency (same as above number): _____

The following statements must be read carefully and signed by parent or guardian:

I hereby give my child permission to participate in the Bracken Christian School Training And Conditioning program. This authorization shall waive, release, and absolve Bracken Christian School and its camp staff from any and all liability for injury or illness incurred at the camp. I also give the camp permission to act for me according to its best judgment in any emergency.

I also certify that _____ has no physical problems which would impede his/her participation in this program other than those noted on an attached separate sheet of paper (as necessary).

Signature: _____ Relationship to child: _____