

Lady Champ Camp:

Who: Girls entering grades 9-12 in the 2018-19 school year

What: Speed, Strength and agility training class

When: Every Tuesday and Thursday beginning June 19th through August 2nd from 9:00-10:00 AM

Where: Outside/next to Anytime Fitness in Fredericksburg, TX

How much: \$125 for 14 training sessions

Coached by Alondra Perez

Alondra is a FHS '17 graduate. She competed in High School Track and Cross Country, is currently studying for her NASM Personal Training Certification and has taken College Level Kinesiology classes.

Details:

- Primary focus: Improve speed, strength, and agility
- 1 instructor to 12 students maximum
- Benchmark workout to gauge student's improvement
- t-shirt included
- **LAST DAY TO REGISTER June 8th**

Lady Champ Camp:

What to bring:

- Tennis shoes
- Athletic clothing
- Water
- Sweat towel (optional)

Please return the signed form and \$125 camp tuition to Anytime Fitness during staffed hours. Student's spot will not be held unless the camp tuition is paid in full.

Student's Name (First and Last Name) & Grade -

Address:

Phone Number:

Email Address:

Emergency Contact (Name and Phone Number):

It is expressly agreed that all activities and use of all facilities shall be undertaken by student and student's sole risk. The athletic club shall not be liable for any claims, demands, injuries, damages or actions whatsoever to student or student's property arising out of or connected with the use of any of the services and facilities of the club or the grounds on which the club is located. The student does expressly forever release and discharge the club from all such claims, demands, injuries, damages or actions; and from all acts of active or passive negligence on the part of the partnership which owns the club, its partners, agents and employees.

Print Student's Name: _____

Student Signature: _____

Print Parent's Name: _____

Parent Signature: _____

Date: _____