



North East ISD

Virgil T. Blossom Athletic Center
12002 Jones Maltsberger Rd. – San Antonio, TX 78216
Phone (210) 491-6100 – Fax (210) 491-6135

Waiver of Liability Form Strength and Conditioning Program

In consideration of my child's voluntary participation in the North East Independent School District Athletic Department's Summer Strength and Conditioning Program, which includes use of its facilities and/or equipment, and in addition to the payment of any fee associated with this participation, I do hereby agree to waive, release and forever discharge the North East Independent School District, its trustees, employees, agents, and representatives from any and all responsibility or liability, under state and/or federal law, for any injuries and/or other damages resulting from my child's participation in the Summer Strength and Conditioning Program. This participation includes any organized or individual activity that is part of the Summer Strength and Conditioning Program, including but not limited to preparation sessions, workouts, and meetings. I hereby acknowledge and understand that this waiver of liability extends to claims by me, my child, and/or any other parent or legal guardian of my child.

It is required as a condition of my child's voluntary participation in the Summer Strength and Conditioning Program that he or she receive a physical from a fully-licensed physician (licensed in the state of Texas to practice medicine) prior to participating in any activity that is part of the program. Proof of such physical, and of the child's medical fitness to participate in the program, must be provided to the North East Independent School District Athletic Department prior to participation in the program. I understand that the District is entitled to rely on such proof from a physician that the child is medically fit to participate in all aspects of the program, and that the District is not responsible for any medical advice or treatment given by any physician.

My signature below certifies that I understand and accept the conditions and waiver as explained above.

Parent/Guardian's Signature Date

Parent/Guardian's Printed Name Date

Student Athlete's Printed Name Date

Roosevelt High School
Roosevelt High School
c/o Coach Matt Carroll
5110 Walzem Rd.
San Antonio, TX 78218

[Recipient Name]

[Address]

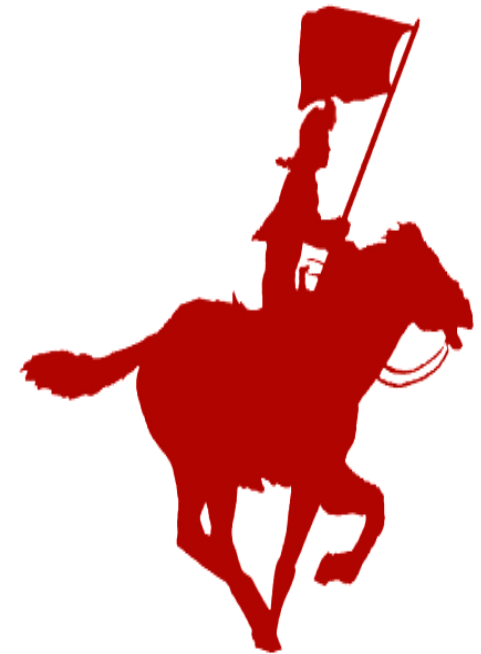
[City, ST ZIP Code]

CAMP ROUGH RIDER 2019

Theodore Roosevelt HS

Summer Strength & Conditioning Program
for Incoming Grades 7-12

6 Week Camp: Monday - Thursday
June 17th-July 25th, 2019





“Summer Strength & Conditioning Programs help to optimize performance for all high school athletes and greatly contribute to injury prevention while in-season.”

- **Dr. Brock Stratton**
 Former Professional Football Player
 2-Time All-State Football Player &
 2-Time State Champion Wrestler at
 Theodore Roosevelt HS

What to Expect

All student athletes interested in playing sports at Roosevelt High School will benefit from the strength training and conditioning offered during our summer program.

Strength Training

Daily instruction will be provided in how to execute a variety of lifts in the weight room that benefit the total body including both core and auxiliary lifts.

Flexibility

Flexibility is a major precursor to speed development and injury prevention and this will be a point of emphasis throughout camp.

Speed

Athletes who play fast have a better chance of positively impacting their team’s performance. We directly focus on Speed Training twice a week.

Agility

Lateral movement and explosiveness are essential in almost any sport. We offer a variety of cross fit type exercises and grass drills improve these skills.

Conditioning

All participants will be pushed to their limits as we work a combination of indoor and outdoor activities for a total of 90 Minutes per day.

Gaining a Competitive Edge

The goal of Camp Rough Rider is to provide student athletes with a leg up on their peers when they return to school in the Fall. Some of the greatest gains for young athletes come during the summer when their body is allowed adequate rest time while still being pushed. Those who fail to work out during the summer will lose progress gained during the school year and never maximize their potential for success.

CAMP ROUGH RIDER 2019

Location: Roosevelt High School Weight Room, Gymnasium, & Fields

Camp will be conducted by Roosevelt HS Coaching Staff in accordance with UIL guidelines.

PLEASE PRINT NEATLY:

NAME _____

GRADE ('19-'20) ____ **PHONE** _____

EMAIL _____

EMERGENCY CONTACT _____

EMERGENCY PHONE _____

SELECT ONE OF THE FOLLOWING SESSIONS:

___ **SESSION 1: 7:30-9:00 (10th – 12th Grade)**

___ **SESSION 2: 9:15-10:45 (7th – 9th Grade)**

COST: \$50 Early Registration or \$10 Weekly CHECKS PAYABLE TO: Roosevelt High School All participants must have a physical on file with the Roosevelt Athletic Training Staff prior to participating in Camp Rough Rider.

Return Completed Form, Signed Waiver Form (On Reverse Side), Physical Packet, and Money in person or by mail to:

Roosevelt High School
 c/o Coach Matt Carroll
 5110 Walzem Rd.
 San Antonio, TX 78218

Phone: (210) 356-2200 Ext. 62221
 Email: mcarro@neisd.net

