



# 2017



# SOUTHPORT SPEED, STRENGTH & CONDITIONING CAMP

## WHO

**Open to all Southport 6TH-8TH grade student-athletes. The camp will be run by Coach Frank and Coach Taylor**

## WHEN

**June 12th—30th  
12:30-1:45, every Monday, Tuesday and Thursday**



## WHERE

**Southport High School Fieldhouse and Weight Room**

## WHY

**So you can become the best athlete possible!**



## COST

**\$90.00**

**Must be turned in prior to first training session. Make checks payable to Southport High School S&C**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

School: \_\_\_\_\_

Address: \_\_\_\_\_

Grade: \_\_\_\_\_

Waiver:

I hereby state that my child is in good health, and has my permission to participate in all camp activities. By signing below, I am agreeing, that in case of accident or injury while attending Camp, I release all parties involved from any and all liability.

Parent/Guardian Signature: \_\_\_\_\_