

Parent/Guardian:

Name: _____

Home: _____

Cell: _____

Work: _____

Emergency Contact Name & Phone

I certify that _____

has my permission to participate in the Stafford Summer Sports Training Program. I further certify that the above student/player has medical insurance in case of an emergency. I authorize the camp staff to act for me according to their best judgment in any emergency requiring medical attention. I release and hold harmless all camp staff from and against any liability or injury sustained, damage to or loss of personal property arising directly or indirectly while enrolled in this camp at Stafford High School.

Parent/Guardian Signature

Stafford Spartan Summer



2022 Strength & Conditioning

Camp

June 6th July 22nd
8:00-10:00 am



The Spartan Athletic Camp is a summer workout program for athletes of any sport. Athletes will be provided technique instruction on weight training, running form, etc. The workouts will consist of strength training and speed development. Agility drills are used to improve the athletes quickness, balance and vertical jump. The program aims to improve overall conditioning of the student athlete and improve their athletic performance.

If you have any questions, please contact:

Ken Savanah
Athletic Director
Head Football Coach
281.261.9360
ksavanah@staffordmsd.org

Sergio Hinojosa
Associate Athletic Director/Head Track Coach
281 627 4330
shinojosa2@staffordmsd.org

Location:

Sparta Training Complex and Spartan Athletic Fields

Dates: Monday - Thursday
June 6th - July 22nd

Time: 2 sessions 8 –10am & 10-12noon

Cost: \$50.00, 2nd child \$25.00
Payment must be made prior to participation

Eligible Participants:

Any Stafford MSD student who has completed grade 6 –11. Please return completed registration forms and payment to the Stafford MSD Athletic Office located in the Field House.

What To Bring:

Cleated shoes, flat soled non-marking shoes (in case of rain), gym shorts and t-shirt.

Student Athlete:

Name: _____

Address: _____

2022 - 2023 Grade Level: _____

Cell Phone: _____

Sports: _____

All participants must have a current athletic physical on file.

Physicals for The 2022 –2023 School year will be required for your Athletes. Physicals will be offered at Stafford High May 19th 2022, which will be valid for this camp and Athletic participation for the School year.