



# 7th ANNUAL TITAN SUMMER STRENGTH & CONDITIONING CAMP '09

**Dates:** Monday, June 8<sup>th</sup> through Thursday, July 23<sup>rd</sup>

**Time:** Session 1 8:00 a.m. – 10:00 a.m. / Mon.- Thur. (no Friday workout)  
Session 2 10:30 a.m. – 12::30 pm / Mon – Thur. (no Friday workout)

**\*\*Athletes are only allowed to attend one 2-hour session each day per UIL rules.**

**Place:** Frisco Centennial High School Indoor Facility

**Cost:** \$125.00 per participant

**Purpose of Camp:** To allow athletes an opportunity to better prepare for their upcoming seasons

**Who can attend?** All incoming 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grade athletes who will be attending Frisco Centennial High School in the Fall of '09

**NOTE:** Athletes will be tested the last week of camp.

Athlete's Name \_\_\_\_\_ Grade in Fall of '09 \_\_\_\_\_

Address \_\_\_\_\_

Parent's Name \_\_\_\_\_ Phone: Home \_\_\_\_\_

T-Shirt size \_\_\_\_\_ Work \_\_\_\_\_

**Parental Consent:** The signature below gives my consent for the aforementioned athlete to participate in the Frisco Centennial High School Summer Strength and Conditioning Camp. It is understood that even though preventive measures are taken, the possibility of an accident still remains. The Frisco Independent School District Frisco Centennial High School coaching staff, or any member of a Frisco ISD Middle School coaching staff assumes no responsibility should an accident occur.

**PARENT SIGNATURE** \_\_\_\_\_

If you have questions concerning the summer strength and conditioning camp, contact Weldon Swann at (972) 768-8558. Make checks payable to FISSD Athletics. Checks can be mailed or dropped off at Centennial HS, 6901 Coit Road, Frisco, Tx. 75035. Please address envelopes to Weldon Swann.