

IRAAN HS and JH ATHLETES

2018 SUMMER STRENGTH AND CONDITIONING PROGRAM

GRADES 7-12 BOYS and GIRLS

Dates: June 4-July 19 (Monday through Thursday).

****Please note that there is no summer program during the week of July 2-6.**

Daily Time: 8:00 – 9:45 A.M.

Where: Iraan Sheffield ISD Athletic Facilities

Who: Athletes of all sports for *incoming* 7th graders through incoming 12th graders

What: Strength, speed, quickness development course conducted by Iraan's coaching staff

Cost: The summer workout program is free. We ask \$10 per athlete to go towards a strength and conditioning t-shirt. (Make checks payable to Iraan Sheffield ISD)

Questions: Call Iraan Field House (432-639-2512) ext. 240

PARENTAL RELEASE FORM

Athlete's Name _____

Athlete's Grade Level Next Year _____

Sport(s) the Athlete Will Play Next Year _____

Street Address _____

City, State, Zip _____

Athlete's Cell Phone # _____ *T-Shirt Size _____

Parent Cell Phone # _____

I agree that neither Iraan Sheffield ISD nor any of its workers or representatives are to assume any responsibility in case an accident occurs. If, in the judgment of any workers or representatives of the summer program, the above athlete should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said athlete by any physician, trainer, nurse, or program representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said athlete.

Parent's Signature _____

****Return the completed release form with \$10 cash or check. Send to:

Corby Maurer
P.O. Box 486
100 S. Farr Street
Iraan, TX 79744

