



Summer Strength and Conditioning

Camp Start Date: June 5, 2023

Start Time: 8:00:00 AM

Camp End Date: July 21, 2023

End Time: 10:00:00 AM

Date Details: Camp dates and times are as follows: June 5-8, 12-15, 19-22, 26-29, and July 3-6 OFF, July 10-13, 17-20, 24-27 OFF. Camp Times for entering 9-12 grade is 8:00-10:00 am and entering 7-8 grade is 8:00-9:00 am

Venue Name: BHS Weight Room

Venue Address: 474 Old San Antonio Rd, Bandera, TX 78003

Camp Cost: \$60.00

Questions: Coach Amedee jamedee@banderaisd.net (830) 460 - 3898

Questions: Coach Ashcraft bashcraft@banderaisd.net (830) 460 - 3898

Special Notes:

What To Bring: Flats, cleats, appropriate athletic clothing. Please Bring Your Own Water Bottle.

Medical Info:

As a custodial parent or court-appointed guardian of (child's name), I do for both of child's parents, for child and child's heir and successors, release "Bandera High School's Strength and Conditioning Camp" and any of its agents, employees, or staff from all claims arising out of or connected with the child's participation in any of the "Bandera High School Strength and Conditioning Camp" activities. I provide this release because I am mindful that athletics, physical training and competition can be a dangerous undertaking regardless of how careful or prudent any person, firm, or facility might be. Furthermore, I give permission to the staff of "Bandera High School Strength and Conditioning Camp" to treat child or arrange for medical care or treatment deemed necessary. If circumstances permit, the staff will attempt to communicate via telephone with the following emergency contacts for child.