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Permian Panthers Speed and Strength Training

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<u>Dates:</u> June 3 rd -6 th	July 8 th , 11 th -12 th
June 10 th -13 th	July 15 th -18 th
June 17 th - 20 th	July 24 th -26 th
June 24 th - 27 th	July 29 th - Aug 1 st

Workout Time Sessions:

- 1st Session: 7:30 am- 9:30 am
- 2nd Session: 9:30 am- 11:00 am
- 3rd Session: 11:00 am-1:00 pm

Information for Participation:

- **Cost:** \$50- for entirety of Summer Training. Release Form/Money due by May 20th.
- Must have physical for the 2019-2020 school year
- Will receive a Speed and Strength Shirt
- Water will be Provided- Personal water bottles are Welcome

Dress for Training:

- Speed and Strength Shirt with athletic shorts
- Athletic shoes and cleats

Release Form for Athlete Participation:

I give my child permission to participate in the Permian Speed and Strength Training Camp. I give my child permission to participate in any drills or activities that are scheduled during the camp. I hereby release the Permian Panther Football Team and E.C.I.S.D., including without limitations, its directors and employees, from and against any and all liability, injury sustained, damage to or loss of personal property arising directly or indirectly while enrolled in Camp.

Student Name: _____ Student Signature: _____

Parent Name: _____ Parent Signature: _____

School/Grade for upcoming year: _____ Sport(s): _____

Shirt Size: S M L XL 2XL Method of Payment: Cash or Check

*Make Checks Payable to: ECISD Athletics

* Release form and Money due May 20th to Coach Eric Jonas