SUMMER PRIDE
COMMITTMENT REGARDLESS

We will be thoroughly keeping equipment and facilities clean and making sure your athlete's safety comes first. We are excited to get back to a "normal" summer routine, but if you don't feel good, stay home! Look after yourself so we can look after each other! Each athlete will be required to complete this Google Form before they can attend any of the workouts (this is to be done one time only, not daily). The Google Form can be found here: https://forms.gle/sMX5QVaBMkYQierNA

All Female Athletes Entering Fall Grades 7-12 for the 2020-2021 School Year

June dates: 16, 18, 19, 23, 25
July dates: 7, 9, 10, 14, 16, 17, 21, 23, 24

$50.00 per athlete

Speed Development & Strength Training

SPEED DEVELOPMENT: Program is designed to improve an athlete's speed and agility, as well as conditioning. A combination of stretching, form running, agility drills, resistance training, overspeed running, plyometrics, and anaerobic training will be used to accomplish these goals.

STRENGTH DEVELOPMENT: Individualized program designed to fit the particular athlete's needs. Workouts are specialized by athlete's sport of position. Expert trainers will guarantee proper form and technique. This will maximize results while minimizing the chance of injury.

ATHLETE CONTACT INFORMATION

Name: 
Fall 2020 Grade: 
Address: 
Phone: 
Sport & Position: 
T-Shirt Size: 

EMERGENCY CONTACT INFORMATION

Parent/Guardian: 
Relationship to you: 
Emergency Contact Phone #: 

SEE OTHER SIDE
**Speed Development & Strength Camp Information**

**DATES:**
- June dates: 16, 18, 19, 23, 25
- July dates: 7, 9, 10, 14, 16, 17, 21, 23, 24

**ATHLETES:** (All Girls) Middle School (7th - 8th) & High School (9th - 12th)

**GIRLS TIMES:**
- High School - 7:00 AM - 8:00 AM
- Junior High - 8:30 AM - 9:30 AM

**ARRIVAL:** Girls report to Brooks Walton Activity Center (weight room).

**DEPARTURE:** Girls can be picked up in front of the Brooks Walton Activity Center

**REGISTRATION FORM DUE:** Bring completed on 1st day

**WORKOUTS:** Each day athletes will spend time in the weight room and on the track.

**COST:** $50.00

No student denied because of fee. Financial assistance available.

**REQUIRED:**
- ALL ATHLETES MUST BRING THEIR OWN BOTTLES OF WATER!
- ALL ATHLETES MUST FOLLOW ALL HEALTH AND SAFETY INSTRUCTIONS GIVEN TO THEM FROM THE COACHES AND TRAINERS! THIS INCLUDES, BUT IS NOT LIMITED TO, TEMPERATURE READINGS, REGULAR HAND WASHING, SOCIAL DISTANCING, ETC.

**FOR MORE INFORMATION CALL OR EMAIL**

- Jordan Jones  
  jJones@skiatookschools.org
- Jenny Brummett
- Jamie Fithian  
  jFithian@skiatookschools.org
- Bobby Cope  
  bcope@skiatookschools.org
- Lindsay Lofton

Fill Out both sides and turn in below information to coaches on first day of Summer Pride

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**PERMISSION WAIVER**

My daughter has permission to participate in this camp. In the event of an emergency in which my daughter requires medical attention, I authorize the staff and trainer to act for me and to obtain whatever medical treatment that the staff may deem necessary. I specifically waive, give up, and release the instructors and Skiatook Public Schools from liability for any claim or financial responsibility for damages, which my daughter may receive from injuries or illnesses she may sustain at, or traveling to and from the camp.

**ATHLETE NAME:**

**PARENT/GUARDIAN SIGNATURE:**

OFFICE USE ONLY  DUE : _______  PD : _______  OWE : _______

SEE OTHER SIDE