



TROJAN/MATADOR FOOTBALL BOOT CAMP

Instructor Tom Mixon presents Austin’s most dynamic and entertaining fitness/leadership/team-building course to all Anderson & Murchison football players, incoming 7th through 12th grades. The course will contain components of leadership, team-building and football specific cardiovascular conditioning using a proven teaching methodology incorporated by BUD/S (Basic Underwater Demolition/SEAL) training. The course features a curriculum endorsed by Coach Rhoads and his staff. We will stress and ultimately expand the participants MENTALLY, resulting in a tighter knit group of young men beholden to each other with the understanding that no individual is greater than the whole and there is glory playing TROJAN football as a team.

The Course:

- Start Dates: Session 1: June 9th 2014 / Session 2: July 7th 2014
- 3 weeks of 1 hour classes, three days/week (Mon-Wed-Fri) at Murchison Field
- 7th/8th grade start time: 4:00 pm / 9th-12th grade start time: 5:00 pm
- \$100 per session - please inquire for scholarship opportunities.

“THE ONLY EASY DAY WAS YESTERDAY”

Player Name: _____ Grade (Fall 2014) _____

Parent(s) Name(s): _____ Phone # _____

Email: _____

	7 th -8 th grade	9 th -12 th grade	\$ per session	Total Due
Session 1 (check one)			\$100	
Session 2 (check one)			\$100	
TOTAL DUE				

Questions? Contact Instructor Mixon at (512) 586-0335 or email at specops52002@yahoo.com

Checks payable to Tom Mixon – mail check and form to: 6130 Sierra Leon, Austin, Texas 78759

Waiver & Liability

I, as a parent or guardian, hereby give permission for my child to participate in the Trojan/Matador boot camp scheduled June 9th-27th(session 1) and July 8th-26th(session 2), 2014. I acknowledge that he/she is physically able to participate in all boot camp activity. I hereby release and forever discharge Tom Mixon, and his employees, and contractors, and both their public and private capacities from any/all liability, claims, suites, damages, or causes of action what so ever for any property damage or personal injury sustained by my child that may arise in connection with any camp activities. I also give my permission for any emergency medical care that may be required as a result of any injury.

Parent Signature: _____

Date: _____