

Training Camp Registration Form

Cut along the dotted line and return with payment to 1007 Fulton, Denton, TX 76201
Attn: Girls Athletics



Denton High School Lady Bronco Athletics Training Camp Summer 2014

Fill out all information below completely:

Please Print:

Athlete Name

Parent or Guardian Name

Parent Contact Number

Emergency Contact Number

Sport	Grade	Pre-Existing Injury
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Parents Email

Circle: Entire Summer

Or circle week(s) attending:

Week 1: June 9th - June 12th

Week 2: June 16th - June 19th

Week 3: June 23rd - June 27th

Week 4: July 7th - July 10th

Week 5: July 14th - July 17th

Week 6: July 21st - July 24th

Lady Broncos Athletics

Denton High School Attn: Girls Athletics

1007 Fulton, Denton TX 76201

Strength and Speed Training
9am-10:30am
Monday ~ Thursday
Six Week Program

Cost- \$65 for entire summer
or \$12/week

At Denton High School

Trainers

STEFAN BRYAN

CPT-ISSA
 (certified personal trainer) (international sports sciences association)
 CPT-NASM
 (certified personal trainer) (national academy of sports medicine)
 PES-NASM
 (performance enhancement specialist)
 CES-NASM
 (corrective exercise specialist)
 Strength Intern for Dallas Cowboys
 *Former D-1 Athlete, Amateur Boxer/MMA fighter, Current Strongman competitor and Power lifter, specialist in conditioning and strength enhancement

DEMETRICES ROBINSON

M.S. in Exercise & Sports Nutrition
 B.S. in Kinesiology & Psychology
 NESTA CPT (National Exercise & Sport Trainer Association)
 Former Strength Coach for TWU college basketball
 Licensed Massage Therapist (LMT)
 *former D-1AA Athlete, Muay Thai boxing and combat specialist, specialist in speed training!

Derrick Kelsey

College Linebacker
 Mississippi football Athlete
 Youth Athletic Coach
 Former NFL Linebacker

Training Camp

**STRENGTH, SPEED, AGILITY, REACTION,
 SIZE, QUICKNESS, INTELLIGENCE, AND
 HARD WORK/DEDICATION!**

Learn...

- *Proper speed training techniques
- *Proper strength training techniques
- *Proper nutrition for athletes
- *Sport specific training strategies

Improve...

- *Your performance in competitive sports
- *Your chances of avoiding injury

Increase...

- *Your vertical jump
- *Your quickness
- *Your stamina
- *Your speed, strength & power

Six-Week Program

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Week 2: June 16th - June 19th

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Week 4: July 7th - July 10th

Week 5: July 14th - July 17th

Week 6: July 21st - July 24th

Cost \$12/week or \$65 for entire summer

9am - 10:30am

Monday -Thursday

At Denton High School

Cash or Cashiers Check ONLY

Made out to TXAP

Release Wavier

In consideration of the Wake Athletics Training Camp and granting permission to participate, I hereby state that the Wake Athletics is not responsible for any pre-existing injury, recurrence of any undisclosed pre-existing injury or illness of the athlete. I further acknowledge and release Wake Athletics and Denton Independent School District, staff and all participants in said camp, from liability, including claims, suits at law or in equity, for injury which may result from the athlete taking part in the Wake Athletics Training Camp.

I, as a parent or legal guardian, acknowledge and fully understand that the participant will be engaging in activities that may result in injury. Further, that there may be other risks not known to or is not reasonably foreseen at this time. I hereby consent to said minor's participation assume all the risks of her personal injury that may result from the Wake Athletics Training Camp.

I, release, waive, discharge and covenant not to bring legal action upon Denton Independent School District, Wake Athletics, employees, contractors, agents, all instructors, all participants and anyone associated with its operation.

It is requested, but not required that each participant has a physical on file with the Denton trainer.

Signature of parent/legal guardian Date

Athlete Signature Date