

Panther Summer

Conditioning Program

Instructors: Plano East Coaches. The program will be coordinated by Plano East Head Coach and Athletic Director Joey McCullough.

Program Objective: The key to success in any sport is strength, speed and agility. This 6-week program will help to develop and improve your strength, speed, agility and self-confidence, which will improve your efficiency as an athlete in all types of sports.

Equipment: Each athlete should wear a good pair of running shoes, shorts and T-shirt to camp each day. This is not imperative, but will be to the advantage of the athlete.

Training: Training techniques will include weight training, speed programs, agility programs, plyometrics, flexibility, nutrition, etc.

Last Name _____
 First Name _____
 Address _____ Apt# _____
 City _____ State/ZIP _____
 Home# _____
 Fathers Name _____ Cell# _____
 Mothers Name _____ Cell# _____
 Emergency Contact _____
 Emergency# _____
 School Now Attending _____
 School Attending Fall 2018 _____
 Age Now: _____ Grade in Fall 2018 _____

APPLICATION

PROGRAM DATES: June 11th - July 26th (M-T-W-Th)
6 Weeks Total (No workouts the week of July 4)

LOCATION: Plano East Senior High Activity Center

- SESSION TIMES:**
- I. 8:00 am - 10:00 (incoming boys 9-12 graders)
 - II. 8:00 am - 10:00 (incoming boys 7-8 graders)
 - III. 10:15 am - 12:15 (incoming boys 9-12 graders)
 - IV. 10:15 am - 12:15 (incoming boys 7-8 graders)
 - V. 2:30 pm - 4:00 (incoming boys 9-12 graders)
- Please Circle ONE Indicating The Session You Prefer to Attend.*

COST: \$210.00 per person for all 6 weeks or \$35 per week. Plano ISD offers online payments through www.paypams.com. PayPams is the preferred method of payment. We also will accept personal checks, Master Card, Visa, American Express and Discover. Make checks payable to Plano ISD. If your check is dishonored or returned for any reason, we reserve the right to electronically debit your account for the amount of the check plus a processing fee of \$25.00 (or legal limit).

FULL PROGRAM - ALL 6 WEEKS \$210.00
 OR
 # OF WEEKS _____ X \$35.00 = _____

MAKE CHECKS PAYABLE TO: PLANO ISD

Check Amount: \$ _____ Check # _____
 OR
Credit Card Information:
 Check one: Master Card Visa AmEx
 Discover

Card #: _____
 Exp. Date: (MO/YR) _____
 Authorized User Signature: _____
 Date: _____

DO NOT SEND CASH NO REFUNDS

NO EXCEPTION

Fees must be PAID IN FULL by JUNE 1st

(\$25.00 late fee will be accessed after June 1st)

RELEASE OF LIABILITY

In consideration of my participation in the Panther Summer Conditioning Program, I do hereby release and discharge Plano ISD and all personnel thereof for all claims or damages, demand, action or whatsoever in any manner arising or growing out of my participation at the Panther Summer Conditioning Program. I attest and verify that I hereby release Plano ISD from any liability now or in the future. Including, but not limited to heart attacks, muscle strains or pulls, broken bones, shin splints, heat prostration, knee/lower back or foot injuries or any other illnesses, soreness or injury however caused, occurring during or after my participation in the exercise program. If, in fact, an injury that requires emergency medical attention occurs, I reserve the right for Plano ISD to take action through medical facilities in the area.

Plano ISD reserves the right to discontinue an athlete's program at any time for any reason. I have read the information in full, and to the best of my ability understand the information above.

SIGNATURE FOR RELEASE OF LIABILITY

Participant _____
 Date _____
 Parent or Guardian _____
 Date _____

*Mail completed application with camp fee to:

Plano East Senior High
 c/o Joey McCullough
 3000 Los Rios Blvd, Plano, TX 75074

Contact Coach McCullough For More Information
 (469) 752-9200

