

# J.J. PEARCE STRENGTH & CONDITIONING SUMMER 2010 SESSION

The need for year round secondary athletic training and conditioning is more evident as the demands of the student/athlete increase.

To maintain the development and competitiveness of the student athletes at J.J. Pearce, it is critical for us to offer summer strength and conditioning programs to keep pace with our competitors.

These programs will provide the following:

- |  |   |
|--|---|
| * Program Continuity                   | * Acclimation to Summer Heat                      |
| * Promote team building                | * Smoother Transition for 9 <sup>th</sup> Graders |
| * Stronger Student/Coach Relationships | * Increased Skill Level                           |
| * Safety through Strength Development  | * Better Agility                                  |
| * Strong Work Ethics                   | * Strong Self-esteem                              |

**LOCATION:** J.J. Pearce High School Athletic Facilities

**ELIGIBILITY:** All incoming 9<sup>th</sup> -12<sup>th</sup> grade students who live in the RISD attendance areas

**REGISTRATION:** Register through Coach Robertson (J.J. Pearce HS Athletic Coordinator) with form by **June 1st**

**DATES:** **June 7<sup>th</sup> – July 15<sup>th</sup>,**

**TUITION:** \$120.00 for the 6-week session OR \$20 per weekly session.

Each week consists of 4 days of training M-TH.

Athletes choose from one session per day

\* Morning Session: 8:00 a.m. – 10:00 a.m.

\* Afternoon Session: 4:00 p.m. – 6:00 p.m.

REDUCED TUITION (\$10.00/per week) may be applied if student/athlete qualifies for free & reduced lunch program.

**ENROLLMENT:** Enrollment in the strength & conditioning sessions is voluntary and not mandatory for participation in RISD athletics. Payment must be made prior to the start of the session and paid in full for the number of weeks enrolled. All checks/money orders need to be made payable to **Richardson ISD Ath. Dept.**

**GUIDELINES:** All UIL guidelines will be followed.

# J.J. Pearce Summer 2010 Strength & Conditioning Application

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

PARENT OR LEGAL GUARDIAN: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ ALTERNATE PHONE: \_\_\_\_\_

GRADE LEVEL FOR 2010-2011: \_\_\_\_\_ SCHOOL ATTENDING IN 2010-2011: \_\_\_\_\_

BIRTH DATE: \_\_\_\_\_ HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_

SPORT OR SPORTS IN WHICH YOU PARTICIPATE: \_\_\_\_\_

EMERGENCY CONTACT (IN CASE PARENTS CANNOT BE REACHED):

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

**MEDICAL INFORMATION:**

I hereby certify that \_\_\_\_\_ is physically fit to participate in the J.J. Pearce Strength & Conditioning Camp. I know of no physical impairments, which would in any manner, limit participation in such a program. Is there any pertinent information, which we might need regarding your athlete such as diabetes, epilepsy, etc? \_\_\_\_\_

It is understood there are possibilities of accidents surrounding strength and conditioning programs. The University Interscholastic League, Richardson ISD, J.J. Pearce High School, and coaching staff are not to be held responsible for any injuries or accidents that may occur. If, in the judgement of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to the student by any physician, trainer, nurse, or school representative. I do hereby agree to indemnify and save harmless the school, Richardson ISD and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Enrollment in RISD's summer strength and conditioning program is voluntary. To streamline the enrollment process, we encourage students to pay for this program with cash or money order. Personal checks will be accepted with proper identification, including driver's license number, address and telephone number. The charge for all returned checks is \$20.00. RISD reserves the right to withdraw any student from the strength and conditioning program who fails to pay all amounts due, including satisfying any returned checks and fees, prior to the designated final payment deadline. To clear a returned check, the student must bring cash for the insufficient check and the returned check fee to the Central Athletics Office.

Mail Application along with Check to:

J.J. Pearce HS Athletics

c/o Randy Robertson

Make Check Payable to:

1600 N. Coit Rd.