

2022 Bulldog Pride Strength and Conditioning Summer Camp

Camp Coordinators

Alvord Coaching Staff

Purpose

The purpose of this program is to enhance individual athletic performance in strength, power, speed, and quickness. This is a training approach used to benefit athletes in all areas of competition such as volleyball, football, basketball, baseball, softball, golf, track, powerlifting, and cross country. The overall goal is to help our athletes become faster, quicker, and stronger so they can reach their potentials in their individual sports.

Age Group

All boy and girl athletes entering 7th-12th grades

Camp Dates:

June 13-July 21 (Mon-Thurs)
(No camp the week of July 4th)

Camp Time: 9:00 AM-10:30 AM

Camp/Instruction Costs: FREE

Team Sport Instruction Times: FB/VB 8:00-8:45, Other Sports 10:45-11:30
(See Bulldog Athletics Calendar for sport-specific dates/Instruction.)

Camp Location

Alvord High School Campus-Weight Room/Football Field/Gym

Name: _____ Age: _____ Grade Entering: _____

Address: _____ City: _____ Zip: _____

Phone: (____) _____

By signing below, parents agree to the following: I hereby agree to allow my child to attend the Alvord Strength and Agility Camp. This authorization shall waive, release, and absolve the camp staff and employees from any liability for all injuries and/or illnesses occurred at camp. Alvord Strength and Agility Camp is not responsible for any items lost at the camp. I give permission for the staff to act for me in their best judgment in an emergency concerning my child. I also certify that the above mentioned participant does not have any physical problems which would impede him/her from participating in the clinic activities.

Parent/Guardian Signature: _____