

**I N F O R M A T I O N**

**Instructors:** The Bastrop Bears coaching staff will provide the very best in cutting edge techniques for developing strength, speed and conditioning in athletes for all sports.

**Program Objectives:** This six week program is designed to improve each athlete's strength, speed, agility, conditioning, and power. By achieving these goals each athlete will improve his/her overall self confidence and become a stronger and faster athlete.

**Equipment:** Each athlete should wear a good pair of running shoes, shorts, and a t-shirt. All other equipment will be provided.

**Training:** Training will include the use of speed enhancing equipment, agility specific drills, sport specific conditioning, and a weight training program designed with olympic and power generating exercises as its core lifts.

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_ Apt# \_\_\_\_\_

City \_\_\_\_\_ State/ZIP \_\_\_\_\_

Home# \_\_\_\_\_

Fathers Name \_\_\_\_\_ Work# \_\_\_\_\_

Mothers Name \_\_\_\_\_ Work# \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency# \_\_\_\_\_

School Now Attending \_\_\_\_\_

School Attending Fall 2008 \_\_\_\_\_

Age Now: \_\_\_\_\_ Grade in Fall 2008 \_\_\_\_\_

**A P P L I C A T I O N**

**COST:** \$95.00

**CAMP DATES:** June 16th - July 24th (M, T, W, Th)

**LOCATION:** Bastrop High School "Dome"/Weight Room

**SESSION TIMES:**

8:00 am to 10:00 am (Incoming 9-12 Grade Boys and Girls)

6:00 pm to 8:00 pm (Incoming 9-12 Grade Boys and Girls)

**MAKE CHECKS PAYABLE TO:** Bastrop Football

**MORE INFORMATION:**

Gerald Perry (Head Coach) **512-321-5657**  
Bastrop ISD Athletic Department **512-321-1303**

**PAYMENT AND GENERAL INFORMATION**

***WE ACCEPT:** Personal Checks or Cash  
Return form and payment to your current campus coach or  
Mail to: Coach Gerald Perry-Bastrop High School  
1614 Chambers Street Bastrop, TX 78602*

***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).***

CHECK \$ \_\_\_\_\_ CHECK # \_\_\_\_\_

**R E L E A S E O F L I A B I L I T Y**

In consideration of my participation in the Bastrop Summer Conditioning Program, I do hereby, release and discharge Bastrop 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 Bear Summer Conditioning Program. I attest and verify that I hereby release Bastrop 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 Bastrop ISD to take action through medical facilities in the area. Bastrop 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 \_\_\_\_\_

Guardian \_\_\_\_\_ Date \_\_\_\_\_



**"There is no substitute for hard work"  
— Paul "Bear" Bryant**



Bastrop Summer Strength/Speed Program  
Coach Gerald Perry  
1614 Chambers Street  
Bastrop, TX 78602

**BASTROP BEARS**



**2008  
BASTROP  
SUMMER STRENGTH  
AND SPEED  
PROGRAM**

**JUNE 16TH – JULY 24TH  
MONDAY THROUGH  
THURSDAY**

**Bastrop High School  
1614 Chambers Street  
Bastrop, TX 78602**