

# Summer War Bird 2018

Who: Boys and girls entering grades 7-12  
What: Elite Strength and Conditioning Camp held at Lubbock Christian High School  
When: June 4<sup>th</sup>- July 19<sup>th</sup>  
4 days per week (Monday-Thursday)  
Where: Lubbock Christian High School Weight Room, Football Field, and EAC  
Time: 8:30am-10:30am  
Cost: \$150 per athlete for the summer or \$10 per session

Camp will include strength training, movement technique, safety implementation, speed, agility, quickness, and a conditioning program. The foundation of our program will be focused on improving core stability and functional mobility of the athletes.

## ***Registration Form and Release***

Camper Name \_\_\_\_\_ Parent/Guardian \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Parent Email \_\_\_\_\_ Parent Cell # \_\_\_\_\_

I (parent/guardian) \_\_\_\_\_ agree that (participant) \_\_\_\_\_ may participate in the Lubbock Christian Summer Camp. In consideration of participation in this event, I agree on behalf of the above named child, his/her heirs and representatives to fully and forever release, discharge indemnify and hold harmless Lubbock Christian High School, its playing site and employees from any and all claims, demands, rights of action, present or future whether the same be known, anticipated, or unanticipated, resulting from or arising out of participation in this event. I hereby authorize in advance any necessary medical treatment required by the above named child while in attendance of this camp. I also acknowledge that I have/will notify the camp personnel of any special medical needs or information required by the above named child.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Circle Grade (entering): 7 8 9 10 11 12 Gender: Male Female

Mail payment to:  
Lubbock Christian Athletics  
2604 Dover Avenue  
Lubbock, TX 79407

Contact information:  
Coach Softley  
806-796-8700  
[csoftley@lubbockchristian.org](mailto:csoftley@lubbockchristian.org)

Please make checks payable to Lubbock Christian School  
This is a Lubbock Christian Athletic Department Approved Camp

**\*WE WOULD LIKE TO HAVE ALL REGISTRATIONS IN BY May 23<sup>rd</sup>. HOWEVER, WE WILL ALSO ALLOW ATHLETES TO PAY WHEN THEY SHOW UP.**