



# GREYHOUND SPEED AND STRENGTH CAMP

**WHO CAN ATTEND:** Incoming 7<sup>th</sup>-8<sup>th</sup>-9<sup>th</sup>-10<sup>th</sup>-11<sup>th</sup>-12<sup>th</sup> Grade Male or Female Athletes who will be attending BHS or BMSN in fall of 2018.

**DATES:** Monday thru Thursday June 11<sup>th</sup> – July 26<sup>th</sup> (No Fridays)  
NO camp the week of July 2<sup>nd</sup> – July 5<sup>th</sup>

**TIME:** Session 1 – 8:00 am to 10:00 am Incoming 10<sup>th</sup>-11<sup>th</sup>-12<sup>th</sup> Grade Boys in fall 2018  
Session 2 – 8:30 am to 10:30 am Incoming 7<sup>th</sup>-8<sup>th</sup>-9<sup>th</sup> Grade Boys in fall 2018 and 7<sup>th</sup>-12<sup>th</sup> Grade Girls in fall 2018. We will split into groups.

\*\*Athletes are allowed to attend one session daily per UIL rules

**LOCATION:**  
Boerne North Middle School (Boerne High will be under construction)

**WHAT TO BRING:** Athletic shoes, cleats, and water bottle.

### **BENEFITS**

- ❖ Develop Athletic Ability -Increase Athletic Performance -Develop Explosiveness -Develop Coordination
- ❖ Teach Proper Weight Room Safety - Teach Proper Running Mechanics
- ❖ Teach Techniques and Fundamentals for Middle School Readiness Program

**INVESTMENT:** \$150 (No refunds will be given after June 12)

### **Mail Registration Form and Investment:**

Make Checks Payable to: BISD  
No refunds given after June 12

Coach Che Hendrix  
Boerne High School  
#1 Greyhound Lane  
Boerne, TX 78006

### REGISTRATION FORM

Name \_\_\_\_\_ Grade Fall of '18 \_\_\_\_\_

Street/PO Box \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

School Attending in Fall of '18 \_\_\_\_\_

Mom's Name \_\_\_\_\_ Work# \_\_\_\_\_ Cell# \_\_\_\_\_

Mom's email \_\_\_\_\_

Dad's Name \_\_\_\_\_ Work# \_\_\_\_\_ Cell# \_\_\_\_\_

Dad's email \_\_\_\_\_

**Parental Consent:** The signature below gives my consent for the mentioned athlete to participate in the B.I.S.D High School Summer Speed and Strength Camp. It is understood that even though preventive measures are taken, the possibility of an accident still remains. The Boerne Independent School District and the Boerne and Champion High School coaching staff, or any member of BISD Middle School coaching Staff assumes no responsibility should an accident occur.

PARENT SIGNATURE \_\_\_\_\_

If you have questions concerning the summer speed and strength camp contact  
Che Hendrix 830-357-2349 or [Chenon.Hendrix@Boerneisd.net](mailto:Chenon.Hendrix@Boerneisd.net)