

SUMMER COMBINE



FEE DEADLINE: JUNE 1, 2018
WHO: 6TH GRADE AND ABOVE MALE OR FEMALE
WHEN : 5 DAYS A WEEK JUNE 18TH TO JULY 13TH
WHERE: CLOVIS HIGH SCHOOL WEIGHT ROOM,
TRACK, AND FIELDS

SESSIONS: A FOR 10TH-12TH GRADE FROM 7AM-9AM
B FOR 6TH-9TH GRADE FROM 8AM-10AM
FEE: \$50 WITH THIS REGISTRATION FORM; SEND
CHECKS MADE OUT TO "SUMMER COMBINE"

ATTN: RICH HAMMOND
CLOVIS HIGH SCHOOL
1055 FOWLER AVE CLOVIS, CA 93611
(CONTACT INFO: 559-325-4795)

WORKOUT OBJECTIVES: QUICKER, FASTER, AND STRONGER.
PLYOS: EXPLOSIVENESS AND POWER, INCLUDING JOINT AND CORE STABILITY.
CONDITIONING: BE IN TOP SHAPE FOR YOUR FALL SPORT.
RUNNING & MOVEMENT DRILLS: SPEED, AGILITY, QUICKNESS, TECHNIQUE.
STRENGTH: THROUGH A RANGE OF MOTION, MAXIMIZE GAIN.
EQUIPMENT NEEDED: SHORTS, TENNIS SHOES, CLEATS, TOWEL, & BOTTLED WATER.

WAIVER/RELEASE

SESSION CHOICE... #A #B GRADE NEXT FALL: 6 7 8 9 10 11 12 13+

PARTICIPANT NAME _____ (PLEASE PRINT)

PARTICIPANT SIGNATURE _____

PARENT NAME _____ (PLEASE PRINT)

EMERGENCY PHONE NUMBER _____

PARENT SIGNATURE _____ DATE _____

All participants and/or parents sign a waiver of any claims for participation in co-curricular sport. This can be done on any registration form that a participant signs.

With my signature above, I hereby waive any claims against Clovis Unified School District, its agents or employees for injuries, which might be sustained in connection with this program. I understand that there is no medical coverage provided with this program. I will assume all responsibility for any medical payment that I/or my child may incur if I/or my child are injured during the course of play. Furthermore, I agree to abide by all of the rules and regulations set forth in this program and will conduct myself in a sportsman-like manner. **NO WAIVER and FEE, NO PARTICIPATION.** In accordance with CIF bylaw 207, any athlete who transfers from School "A" to School "B" after having prior contact, during the previous 24 months, either directly or indirectly with school "B" prior to enrollment shall not be eligible at School "B" for 365 days from initial date of enrollment. This includes this camp, clinic, AAU, club team, and/or workouts.