



Family

DAWSON STRENGTH AND SPEED CAMP

THE DAWSON EAGLE COACHING STAFF WOULD LIKE TO INVITE ALL STUDENT-ATHLETES WHO WILL BE ATTENDING DAWSON HIGH SCHOOL TO THIS YEAR'S STRENGTH AND SPEED CAMP.

WHO: Incoming 9th—12th grade athletes that will be attending Dawson High School.

WHERE: Dawson High School weight room and practice fields.

COST: \$150 (Cash, Check, or Money Order)

* MAKE CHECKS PAYABLE TO: DAWSON HIGH SCHOOL

**Checks must include DL# and athlete's Student ID#

DATES: Monday—Thursday

June 13-16	July 11-14
June 20-23	July 20-22
June 27–30	July 25-28

****NO CAMP ON THE FOLLOWING DATES****

May 30- June 10

July 4-7

July 18-19

TIMES:

Strength and Speed / Sport Specific

Monday, Tuesday, Wednesday, Thursday

Freshmen: 7:00 - 10:00

Upperclassmen: 8:00 - 11:00

***Times may change for the upperclassmen on the week of Aug 1-5. That is when freshman football practices begin.

Name _____ Sport _____

Grade entering 2022-2023 school year _____ Adult T-Shirt Size _____

Emergency Contact:

Name _____ Phone Number _____

I, as a parent or guardian give my permission for my child to participate in the Dawson Eagle Strength & Speed Camp and acknowledge the fact that he/she is physically able to participate in camp activities. I hereby authorize the camp staff to act for me according to their best judgment in any emergency requiring medical attention. I acknowledge that I may be responsible for any cost (through family medical insurance or otherwise) incurred due to sickness or injury to my son/daughter. I hereby waive any claim I might have against the camp, director or the institutions providing facilities.

This athletic camp/clinic follows guidelines set forth by Pearland ISD and the UIL.

Parent / Guardian Signature _____ Date _____

----- DETATCH TOP OF PAGE AND TURN IN WITH PAYMENT -----

PAYMENTS: Make checks payable to: Dawson High School
Send your payment, and the completed registration form, with your son on the first day he attends camp. We will accept cash, check, or money order.

***On your check please include your Drivers License number and your student's School ID number.

REQUIREMENTS:

Athletes need to have their athletic physical completed on the PISD form, and on file with the Dawson Athletic Training Staff.

Athletes will need to wear shorts and a t-shirt. They will need "flats" or shoes to work out in, and cleats for the outside stations and football practice. (Crocs/Slides are not acceptable workout shoes)

We will have water, but athletes are able to bring their own bottles.

GENERAL INFO:

At this time, the Monday through Thursday schedule will consist of weight room, agility/speed training, and sport specific training (football practice). This camp will follow all UIL, PISD, and TEA guidelines. We will do our best to keep the dates and times as scheduled. Athletes need to attend camp to prepare for the upcoming season. We have scheduled weeks off throughout the summer to allow for recovery and family vacations. During those weeks off, athletes will have the opportunity to use the weight room at scheduled times.

Football season begins August 1st for Freshmen and August 8th for upperclassmen.

Thank you for your support...