

## LADY OILER SWATT CAMP REGISTRATION

Name of camper:

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Address:

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City/Zip:

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Home Phone:

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Camp fee: **\$100**

Age: \_\_\_\_\_ Grade in 2022-2023 \_\_\_\_\_

JR High \_\_\_\_\_

Sport(s) Played or Interested in:

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Parent Emergency Contact Name:

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Daytime/Cell Phone Number

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Parent Email:

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**Checks payable to:**

PEARLAND ISD

Memo: PHS Girls' Strength Camp

**Mail registration form and check to:**

LADY OILER SWATTCAMP  
3775 S. Main St. Pearland, TX 77581  
ATTN: Coach Cox

**\*\*Please detach and mail in along with payment  
and Insurance Release Form\*\***

### CONTACT INFORMATION:

Coach Jere' Adams  
Head Girls Basketball  
[adamsje@pearlandisd.org](mailto:adamsje@pearlandisd.org)

Coach Jamie Gill  
Head Volleyball  
[gilli@pearlandisd.org](mailto:gilli@pearlandisd.org)

Coach Elise Cox  
Head Girls Soccer  
[coxe@pearlandisd.org](mailto:coxe@pearlandisd.org)

Coach Haley Jordan  
Assistant Girls Softball  
[beamh@pearlandisd.org](mailto:beamh@pearlandisd.org)

Coach Amina Jarvis  
Assistant Girls Soccer  
[Jarvisa@pearlandisd.org](mailto:Jarvisa@pearlandisd.org)

Coach Jennifer Duggan  
Assistant Girls Volleyball  
[dugganji@pearlandisd.org](mailto:dugganji@pearlandisd.org)

Coach Ashley Jefferson  
Assistant Girls Volleyball  
[jeffersona@pearlandisd.org](mailto:jeffersona@pearlandisd.org)

Coach Haley Smith  
Assistant Volleyball  
[smithh@pearlandisd.org](mailto:smithh@pearlandisd.org)

Coach Damita Hampton  
Cross Country/Track  
[Hamptond@pearlandisd.org](mailto:Hamptond@pearlandisd.org)

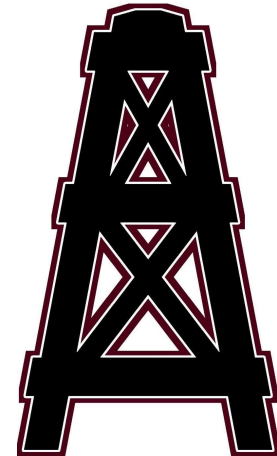
Will Ryan  
Athletic Trainer  
[ryanw@pearlandisd.org](mailto:ryanw@pearlandisd.org)  
Office Phone: 281-997-3260  
Office Fax: 281-412-1369

# PEARLAND SWATT CAMP

LADY OILER  
SPEED, WEIGHTLIFTING, AGILITY,  
TEAM TRAINING CAMP

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**“Overpower. Overtake. Overcome.”**  
– Serena Williams





## WHAT TO EXPECT.

Our female athletes will be put through a 2 hour strength and conditioning session three times a week with break out segments to build and improve the whole athlete, followed by a one hour sport specific training session run by their respective coaches.

Segments include but are not limited to:

- Strength (30 min)
  - Weight Room
  - Body Weight Exercises
  - Core
  - Olympic Lifts
- Agility (30 min)
  - Ladder Drills
  - Explosive Cone Drills
  - Jump Training
- Conditioning (30 min)
  - Sprint Work
  - Long Distance Training
  - Hill Training
- Sport Specific (1 hour)
  - Training with high school coaches in specific sport

### Dates and Time:

- Tuesdays, Wednesdays, & Thursdays
- June 7<sup>th</sup>- July 21st
- 8:00-10:00

### Sport Specific Training Provided:

- 10:00-11:00
- Soccer, Basketball, Volleyball
- See respective coach for more detail
- Because of gym availability there may be black out dates for sport specific training

### Black Out Dates

- July 5-7
- Calendar will be provided

### Need:

- All Athletes must have an athletic physical on file with Pearland Athletic Trainers in order to participate.

### Camp Fee:

- Includes strength and conditioning/ and provided sport specific
- If athlete chooses to only attend a part of each session, the entire camp fee still must be made in entirety
- Camp Fee is non-refundable

## INSURANCE RELEASE FORM:

\*\*application will not be accepted without completion of this portion of application\*\*

I, the undersigned, as the parent or legal guardian of a minor child,

hereby acknowledge that the afore named child is covered by medical insurance as follows:

Insurer: \_\_\_\_\_

Company: \_\_\_\_\_

Policy #: \_\_\_\_\_

I, as the parent or guardian, hereby give permission for my child to participate in the Lady Oiler SWATT 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 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 the facilities.

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

\_\_\_\_\_  
Parent/Guardian Signature