

LADY OILER SWATT CAMP REGISTRATION

Name of camper:

Address:

City/Zip:

Home Phone:

Camp fee: **\$100**

Age: _____ Grade in 2022-2023 _____

JR High _____

Sport(s) Played or Interested in:

Parent Emergency Contact Name:

Daytime/Cell Phone Number

Parent Email:

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
adamsjc@pearlandisd.org

Coach Jaime Gill
Head Volleyball
gillj@pearlandisd.org

Coach Elise Cox
Head Girls Soccer
coxe@pearlandisd.org

Coach Haley Jordan
Assistant Girls Softball
beamh@pearlandisd.org

Coach Amina Jarvis
Assistant Girls Soccer
Jarvisa@pearlandisd.org

Coach Jennifer Duggan
Assistant Girls Volleyball
dugganji@pearlandisd.org

Coach Ashley Jefferson
Assistant Girls Volleyball
jeffersona@pearlandisd.org

Coach Haley Smith
Assistant Volleyball
smithh@pearlandisd.org

Coach Damita Hampton
Cross Country/Track
Hamptond@pearlandisd.org

Will Ryan
Athletic Trainer
ryanw@pearlandisd.org
Office Phone: 281-997-3260
Office Fax: 281-412-1369

PEARLAND SWATT CAMP

LADY OILER
SPEED, WEIGHTLIFTING, AGILITY,
TEAM TRAINING CAMP

“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 7th- 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.

Parent/Guardian Signature