

# *Registration Form*

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_  
(as of June,2010)

SCHOOL: \_\_\_\_\_ GRADE: \_\_\_\_\_  
(as of August,2010)

ADDRESS: \_\_\_\_\_  
City Zip

PARENTS  
NAMES \_\_\_\_\_  
Mother Father

CONTACT NUMBERS: \_\_\_\_\_  
Home Emergency Phone

PLEASE LIST ANY MEDICATIONS OR MEDICAL NEEDS THAT YOUR CHILD HAS: (such as an inhaler, etc.)  
\_\_\_\_\_

I hereby authorize the staff of the Bellaire Strength and Speed Camp to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release Bellaire Strength and Speed Camp, it staff, Bellaire High School administration and Houston I.S.D. and its administration from any and all liabilities from any injuries or illnesses incurred to my child while attending the camp. I have no knowledge of any physical impairment that would be affected by my child's participation in the camp. I also understand that Bellaire Strength and Speed Camp has the right to use photographs of campers taken while attending camp for publicity and advertising purposes.

PARENT/LEGAL GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

*Bellaire Strength and Speed Camp and its activities are not related to,  
sponsored by, or associated with Houston I.S.D.*

***Bellaire Youth  
Strength and  
Speed Camp***

**June 7– July 22**  
**5:00 pm—7:00 pm**  
Ages 12-15

For more information contact:

Trey Herrmann

Email:

wherrman@houstonisd.org

713.295.3764

# ***Bellaire Strength and Speed Camp***

## **AGES**

Open to all athletes who are ages 12 through 15.

## **CAMP CHECK-IN**

Monday, June 7, 2010  
From 4:00 pm—5:00 pm

Registration will be at Bellaire High School at the entrance to the Weight Room. In order to register, you must have a signed registration form, a copy of your insurance card and full camp payment on record. An orientation session will be held at 5:00 pm on the evening of check-in. We will test immediately after the orientation, so come ready to lift and run.

## **CAMP PAYMENT**

The camp payment is \$100.00 unless you have participated in the football camp in which the cost will be \$50.00. This includes all instruction and printed materials. Full payment by check, cash or money order must accompany the registration form. No refunds for any reason will be given once a camper has registered.

## **CAMP INSTRUCTORS**

Coach Herrmann and his staff of the Bellaire Cardinals eagerly await meeting your child and giving them the foundations they need to help develop their athleticism. The staff's expertise extends beyond the X's and O's of football into the areas of speed development, fitness conditioning, and overall strength training.

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## **WHAT TO EXPECT**

Our goal is to give you the most information and instruction we can in six weeks to make you a more complete and fundamentally sound football player. Instruction will focus on age appropriate speed fundamentals and weight lifting to maximize each player's natural ability. The Camp will be run by the Bellaire High School Football Coaching Staff.

## **WHAT TO BRING**

- Workout shorts & t-shirt
- Tennis shoes or cleats (preferred)
- Any needed medication
- Sun Screen if needed
- Great Attitude
- Water will be provided

## **CONTACT INFO**

Phone (713) 295-3764  
Fax (713) 295-3764  
E-mail: wherrman@houstonisd.org