



Speed and Strength Camp

Camp Start Date: June 5, 2023

Start Time: 7:00:00 AM

Camp End Date: July 27, 2023

End Time: 12:00:00 PM

Date Details: Monday-Thursday on the weeks of June 5, 12, 19, 26- July 10, 17, and 24. NO CAMP WEEK OF JULY 3.

Venue Name: Cedar Ridge HS Competition Gym

Venue Address: 2801 Gattis School Road, Round Rock, TX 78664

Camp Cost: \$135.00

Questions: Rawley Farrell rawley_farrell@roundrockisd.org (512) 704 - 0253

Questions: Sam Robinson sam_robinson@roundrockisd.org (512) 704 - 0200

Special Notes:

*ONLINE PAYMENT WILL ONLY BE ACCEPTED-NO CASH OR CHECK- Refunds will only be given by the Athletic Director's Approval for extreme circumstances. Incoming 7th graders must have a physical. The workout times listed are rough estimations for completion. GIRLS & HS (Non-Football Boys Athletics): 7:00 - 8:30 am (All levels/sports for girl sports) BOYS: 8:30-10:30 am- 9th- 12th Grade FB Only 10:30-12:00 p.m. (All Junior High Boys) Come to the B4 door each day of camp.

Medical Info:

Parent (Guardian) Permission I hereby give my consent for the aforementioned student to participate in the RRISD-approved summer weight and conditioning program. I have read and understood that my child will abide by all school and camp rules. I also agree to be responsible for the safe return of all equipment issued by the school and will pay for any and all lost, stolen, or damaged equipment. Assumption of Risk & Release of All Claims All athletes will be coached, instructed, and conditioned to compete at the peak of their abilities. Along with competition and effort to acquire excellence, is the reality of possible injury. Each coach is aware of the dangers and will make every effort to prevent injuries with proper conditioning, protective equipment, and safety practices. However, not all injuries are preventable and SEVERE INJURIES OR EVEN DEATH CAN OCCUR DURING ATHLETIC PARTICIPATION. The RRISD does not assume any responsibility in case an accident occurs. Insurance Coverage The RRISD Athletic Department does not provide athletic insurance for athletes. The Athletic Department and RRISD recommend that each athlete have their own insurance. The District contracts with an insurance agent to provide various insurance coverage policies that can be purchased by individuals at the beginning of the school year. I understand that RRISD will not provide insurance for my child while in athletics and that any injury sustained by my child will be my sole financial responsibility. WAIVER OF CLAIMS: I hereby waive any claim I might have against Round Rock Independent School District or any of its agents, which might arise from any injury or other damage my child may incur while on the property of Round Rock Independent School District or while participating in any activity sponsored by the Round Rock Independent School District. I have read and acknowledged the refund policy. Hydration requirement- your student-athlete will be required to bring a large container of water and the container labeled with their name. All Student Athletes must have a physical on file with RRISD for this camp.