

# **CENTENNIAL HIGH SCHOOL PATRIOT STRENGTH & CONDITIONING CAMP**



**At Centennial High School  
April 1st - May 16th, 2019**



**Monday Tuesday and Thursday each week  
6:30pm - 7:45pm**

***Open to all male and female athletes currently in 7th or 8th grade and will be attending Centennial High School***

**\$75 Per Athlete  
Registration will be onsite April 1st**

The goal of this camp is to provide athletes a better understanding of the fundamental principles and techniques to elevate athletic performance – Strength, Power, Speed, Mobility, Nutrition, & Recovery. Athletes will acquire the tools necessary to become stronger, faster, and more injury resistant.

Athletes will be given in-depth instruction on exercise technique, exercise progressions, speed and agility training, flexibility/mobility techniques, and sport specific nutrition.

We will have Centennial coaches from the various boys and girls athletic programs in attendance to share how important strength and conditioning is to their sports. We want this to be an opportunity to meet our coaches and for them to meet you and answer any questions you may have about their programs.

We want this introduction to strength and conditioning to be fun and beneficial to you. We also want this to be an introduction to Centennial High School and all it has to offer you.

## **ABOUT THE STAFF**

**Matthew Campbell** has 6 years of strength and conditioning experience with foundational understanding of the principals involved in hypertrophy, power, strength, speed & agility, and quickness.

**2016** Director of Football Strength and Conditioning at Loyalton High School, California.

**2017** President of the Boise State University weight lifting club

Interned at Idaho Fitness Academy - lead athletes, ranging from grade school competition to the collegiate level, in weightlifting movements, speed and agility progressions, and ultimately functionality of sport. Worked with both men and women athletes in a multitude of sports.

**2018** Director of Football Strength and Conditioning at Centennial High School

**Coaches from the Centennial Football Staff**

Contact Matt Campbell at (530) 250-5066 with questions

**NOTICE OF RISK FOR ATHLETE**

We give our permission for our son or daughter to participate in these organized sports related camp, realizing that such activity involves the potential for injury which is inherent in all sports. We acknowledge that even with the best coaching and use of the most advanced protective equipment and strict observance of rules, injuries are still a possibility. On rare occasions these injuries can be so severe as to result in total disability, paralysis or even death.

We the undersigned, understand the dangers of practicing, playing and participating in sports, we also recognize the importance of following instructions given by the coaching staff regarding playing techniques, training and of obeying team rules.

Catastrophic insurance for all that have completed paperwork and paid will be provided by the camp.

**We specifically acknowledge we have carefully read and understand this notice of risk for athletes.**

Please complete this form and submit with payment on first day of camp.

ATHLETE SIGNATURE: \_\_\_\_\_ DATE \_\_\_\_\_

PARENT (GUARDIAN) SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PATRIOT FOOTBALL CAMP FEE \$75.00

ATHLETE NAME: \_\_\_\_\_ SCHOOL GRADE: \_\_\_\_\_

AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_/\_\_\_/\_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

PARENT(GUARDIAN) \_\_\_\_\_ PHONE: \_\_\_\_\_

PARENT (GUARDIAN) \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PARENT EMAIL \_\_\_\_\_

**IN AN EMERGENCY, IF PARENTS CANNOT BE CONTACTED NOTIFY:**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

FAMILY DOCTOR \_\_\_\_\_ PHONE \_\_\_\_\_

THE ABOVE-NAMED CAMP MEMBER IS COVERED UNDER THE FOLLOWING MEDICAL INSURANCE:

INSURANCE CO. \_\_\_\_\_

POLICY NUMBER \_\_\_\_\_

THE COACHING STAFF MAY APPLY FIRST AID UNTIL THE FAMILY DOCTOR, PARENT OR GUARDIAN CAN BE CONTACTED?

YES \_\_\_\_\_ NO \_\_\_\_\_

WE GIVE OUR CONSENT FOR COACHES TO USE THEIR OWN BEST JUDGMENT IN SECURING MEDICAL AID AND AMBULANCE SERVICE IN CASE THE PARENTS CANNOT BE REACHED. YES \_\_\_\_\_ NO \_\_\_\_\_

I HEREBY AUTHORIZE THE COACHES TO ACT FOR ME IN CASE OF AN EMERGENCY AND RELEASE THE CAMP AND ALL STAFF MEMBERS FROM ANY AND ALL LIABILITY DUE TO INJURIES OR ILLNESS INCURRED WHILE AT THE CAMP OR OTHER RELATED FUNCTIONS.

YES \_\_\_\_\_ NO \_\_\_\_\_

I UNDERSTAND THAT CENTENNIAL HIGH SCHOOL AND THE PATRIOT STRENGTH & CONDITIONING CAMP ARE NOT RESPONSIBLE FOR PROVIDING TRANSPORTATION TO AND FROM EVENTS. YES \_\_\_\_\_ NO \_\_\_\_\_