

I N F O R M A T I O N

Instructors: The Plano East Panther coaching staff will provide the very best in cutting edge techniques for developing strength, speed and conditioning in athletes for all sports.

Program Objectives: This six week program is designed to improve each athlete's strength, speed, agility, conditioning, and power. By achieving these goals each athlete will improve his/her overall self confidence and become a stronger and faster athlete.

Equipment: Each athlete should wear a good pair of running shoes, shorts, and a t-shirt. All other equipment will be provided. Water is provided but it is recommended athletes bring their own water as well.

Training: Training will include the use of speed enhancing equipment, agility specific drills, sport specific conditioning, and a weight training program designed with olympic and power generating exercises as its core lifts.

Last Name _____

First Name _____

Address _____ Apt# _____

City _____ State/ZIP _____

Home# _____

Fathers Name _____ Work# _____

Mothers Name _____ Work# _____

Emergency Contact _____

Emergency# _____

School Now Attending _____

School Attending Fall 2010 _____

Age Now: _____ Grade in Fall 2010 _____

A P P L I C A T I O N

COST: \$210.00

CAMP DATES: June 7th - July 15th
(Mon, Tues, Wed, Thurs)

LOCATION: Plano East Senior High Activity Center

SESSION TIMES:

I - A 8:00 am to 10:00 am (Incoming 7-8 Grade Boys)

I - B 8:00 am to 10:00 am (Incoming 9-12 Grade Boys)

II - A 10:30 am to 12:30 pm (Incoming 7-8 Grade Boys)

II - B 10:30 am to 12:30 pm (Incoming 9-12 Grade Boys)

III 2:00 pm to 4:00 pm (Incoming 9-12 Grade Boys)

**PLEASE CIRCLE ONE OF THE TIMES ABOVE
INDICATING WHICH SESSION YOUR ATHLETE
PREFERS TO ATTEND**

MAKE CHECKS PAYABLE TO: Plano ISD

MORE INFORMATION:

Johnny Ringo (Cluster AD) 469/752-9200
Plano ISD Athletic Department 469/752-1085

PAYMENT AND GENERAL INFORMATION

*WE ACCEPT: Personal Checks, MasterCard or Visa.
Return form and payment to your current campus coach or
Mail to: Coach Johnny Ringo-Plano East Senior High-
3000 Los Rios-Plano, TX 75074*

*If your check is dishonored or returned for any reason,
we reserve the right to electronically debit your account
for the amount of the check plus a processing fee of
\$25.00 (or legal limit).*

CHECK \$ _____ CHECK # _____

CREDIT CARD INFORMATION

Check one: MasterCard Visa

Card# _____ _____

Exp. Date (MO/YR) _____

Authorized user Signature: _____

Date _____

**DO NOT SEND CASH NO REFUNDS
NO EXCEPTIONS!**

**All amounts must be PAID IN FULL by JUNE 7th
(There will be a \$25.00 late fee accessed after June 7th)**

R E L E A S E O F L I A B I L I T Y

In consideration of my participation in the Panther Summer Conditioning Program, I do hereby, release and discharge Plano ISD and all personnel thereof for all claims or damages, demand, action or whatsoever in any manner arising or growing out of my participation at the Panther Summer Conditioning Program. I attest and verify that I hereby release Plano ISD from any liability now or in the future. Including, but not limited to heart attacks, muscle strains or pulls, broken bones, shin splints, heat prostration, knee/lower back or foot injuries or any other illnesses, soreness or injury however caused, occurring during or after my participation in the exercise program. If, in fact, an injury that requires emergency medical attention occurs, I reserve the right for Plano ISD to take action through medical facilities in the area. Plano ISD reserves the right to discontinue an athlete's program at any time for any reason. I have read the information in full, and to the best of my ability understand the information above.

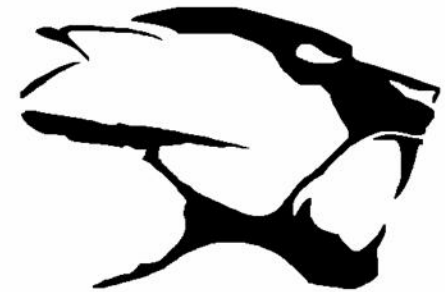
SIGNATURE FOR RELEASE OF LIABILITY

Participant _____

Date _____

Parent or Guardian _____

Date _____



**"There is no substitute for hard work"
— Paul "Bear" Bryant**