

**LIBERTY HILL ATHLETICS  
SUMMER WEIGHTS & CONDITIONING PROGRAM**

Registration Information

Name: \_\_\_\_\_

Present Age: \_\_\_\_\_

Grade Next Year: \_\_\_\_\_

Female: \_\_\_\_\_

Male: \_\_\_\_\_

Adult T-Shirt size-(circle) X-Small Small Medium Large X-Large XX-Large

**\*\* Return form to any coach or high school field house athletic office.**

Early Registration: March 19, 2018- April 27, 2018 (Insures proper T-Shirt)

Late Registration: April 30, 2018- June 1, 2018 (Maybe desired T-Shirt size)

Late, Late Registration: June 4, 2018- August 3, 2018

I HEREBY GIVE MY CHILD PERMISSION TO PARTICIPATE IN THE LIBERTY HILL SUMMER WEIGHT AND CONDITIONING PROGRAM. IN AND FOR CONSIDERATION OF HIS/HER PARTICIPATION IN THIS PROGRAM, I HEREBY AGREE AND PROMISE THAT WE WILL NOT HOLD THE LIBERTY HILL INDEPENDENT SCHOOL DISTRICT, IT'S EMPLOYEES, ANY INSTRUCTORS, OR SPONSORS RESPONSIBLE FOR ANY LOSS, DAMAGE, OR PERSONAL INJURIES THAT HE/SHE MAY RECEIVE AS A RESULT OF PARTICIPATION. I GIVE THE STAFF PERMISSION TO ACT FOR ME ACCORDING TO ITS BEST JUDGEMENT IN ANY EMERGENCY. I CERTIFY THAT \_\_\_\_\_ HAS NO PHYSICAL PROBLEMS WHICH WOULD IMPEDE HIS/HER PARTICIPATION IN THE SUMMER WEIGHT AND CONDITIONING PROGRAM.

Participants Signature

\_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature

\_\_\_\_\_ Date \_\_\_\_\_

Emergency Phone # \_\_\_\_\_

**CHECKS SHOULD BE MADE OUT TO:  
LIBERTY HILL ATHLETICS**

**LIBERTY HILL ATHLETICS  
SUMMER WEIGHTS & CONDITIONING  
PROGRAM**

**WHO SHOULD PARTICIPATE?** (Incoming 7<sup>th</sup>-12<sup>th</sup> graders)

**ALL** young men and women who want to improve their strength, speed, overall physical fitness and prevent injuries.

This is a great way to stay in shape over the summer and get prepared for **ALL** Sports!!!!!!!!!!

**WHEN:** June 4<sup>th</sup> – July 20<sup>th</sup> **Incoming 10<sup>th</sup> -12<sup>th</sup>** (Monday-Thursday- 7:00am-9:00am)  
**Incoming 7<sup>th</sup> -9<sup>th</sup>** (Monday-Thursday -9:00am-11:00am)

**\*\*\*The weight room will also be open in the evenings Monday –Thursday from 4:00pm-7:00pm and every Friday from 7:00am-11:00am.**

**WHERE:** HIGH SCHOOL FIELDHOUSE

**COST:** \$75.00 (Family Plan- \$125.00 (brothers/sisters attending LHISD)  
If paying by check make checks payable to: LIBERTY HILL I.S.D.

EARLY REGISTRATION BEGINS: Monday, March 19, 2018

**\*\*Return form and money to any coach or high school field house athletic office.**  
Extra forms will be available in the high school field house.

FOR MORE INFORMATION CONTACT: Jeff Walker, Athletic Director  
Phone: (512)260-5505

June 4 <sup>th</sup> – 7 <sup>th</sup>	Program
June 11 <sup>th</sup> -14 <sup>th</sup>	Program
June 18 <sup>th</sup> – 21 <sup>st</sup>	Program
June 25 <sup>th</sup> – 28 <sup>th</sup>	Program
July 2 <sup>nd</sup> – 6 <sup>th</sup>	Open Weight Room (Monday-Friday-7am-11am)
July 9 <sup>th</sup> – 12 <sup>th</sup>	Program
July 16 <sup>th</sup> – 19 <sup>th</sup>	Program
July 23 <sup>rd</sup> – 27 <sup>th</sup>	Open Weight Room (Monday-Friday-7am-11am)
July 30 <sup>th</sup> – Aug. 3 <sup>rd</sup>	Open Weight Room (Monday-Friday7am-11am)

**\*\*\*\*\*I WOULD ENCOURAGE YOU TO SIGN UP AS SOON AS POSSIBLE SO WE CAN GET THE T-SHIRTS ORDERED.**

**\*\*\*MAKE CHECKS OUT TO: Liberty Hill Athletics**

It's not about what you're capable of it's about what you're willing to do...