

**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 7th-12th 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 4th – July 20th **Incoming 10th -12th** (Monday-Thursday- 7:00am-9:00am)
Incoming 7th -9th (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 th – 7 th	Program
June 11 th -14 th	Program
June 18 th – 21 st	Program
June 25 th – 28 th	Program
July 2 nd – 6 th	Open Weight Room (Monday-Friday-7am-11am)
July 9 th – 12 th	Program
July 16 th – 19 th	Program
July 23 rd – 27 th	Open Weight Room (Monday-Friday-7am-11am)
July 30 th – Aug. 3 rd	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...