



**Sign up Today!**

**Summer 2019**

**Toro Strength and Athletic Performance Camp**

Toro Strength and Performance Camp is designed to introduce athletes to proven training techniques and nutrition guidelines to help them develop successful habits. The 5 week camp is focused on exercises that promote movement quality, strength, agility and speed. Workouts are conducted by Mountain View's certified and highly qualified strength and conditioning specialists.

<b>Sessions:</b>	<b>GENERAL ATHLETES</b>	<b>KID FIT</b>
<b>Grades:</b>	<b>7<sup>th</sup>-12<sup>th</sup> Grade Boys &amp; Girls</b>	<b>3<sup>rd</sup>-6<sup>th</sup> Grade Boys and Girls</b>
<b>Dates:</b>	<b>May 28<sup>th</sup> –June 27<sup>th</sup></b>	<b>May 28<sup>th</sup> –June 27<sup>th</sup></b>
<b>Days:</b>	<b>Monday-Thursday</b>	<b>Monday-Thursday</b>
<b>Location:</b>	<b>MVHS Annex Weight Room</b>	<b>MVHS Annex Weight Room</b>
<b>Cost includes T Shirt:</b>	<b>\$125 online registration \$135 mail in / bookstore</b>	<b>\$90 online registration \$100 mail in / bookstore</b>
<b>Times:</b>	<input type="checkbox"/> <b>General Session 1 9:30-11:00 am</b>  <input type="checkbox"/> <b>General Session 2 12:30-2:00 pm</b>	<input type="checkbox"/> <b>KID FIT 10:30-11:30 am</b>
<b>Contact:</b>	<b>Billy Roberts, 472-6969, <a href="mailto:whroberts@mpsaz.org">whroberts@mpsaz.org</a>  Rusty Pagano, 472-6968, <a href="mailto:rapagano@mpsaz.org">rapagano@mpsaz.org</a></b>	

**SAVE \$10, REGISTER ONLINE@ <https://mpswebpay.mpsaz.org> or submit registration below to:**

**MVHS Bookstore 2700 E Brown Rd. Mesa, AZ 85213**

***NO REFUNDS unless Strength Camp is canceled***

Student Name:	Grade: _____ Age: _____
Parent/Guardian:	School: _____
Phone: (H) _____ (C) _____	Student ID#: _____
<b>Email:</b> _____	
Emergency Contact Name:	<b>Shirt Size: Adult sizes only</b>
Phone: (H) _____ (C) _____	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL
I give permission for my child to participate in the sports program listed. I/we understand all risks and hazards incidental to such participation and do hereby waive, release, absolve, indemnify and hold harmless Mesa Public Schools and the school from any claim arising out of any injury to my child.	
<b>Parent Signature:</b> _____	
I give permission to photograph my child during camp participation for publicity use and/or news release. <input type="checkbox"/> YES <input type="checkbox"/> NO	
Does your child have health conditions/concerns of which staff should be aware? If so, please explain:	

\*Make checks payable to Mesa Public Schools.

<b>PAYMENT:</b> To pay by debit card or credit card and receive a discount, register online at <a href="https://mpswebpay.mpsaz.org">https://mpswebpay.mpsaz.org</a> . For online payment questions call (480) 472-0118. For camp related questions, contact the coach listed above.  Check # _____ Check amount \$ _____ Make checks payable to Mesa Public Schools. For office use only: Item # D1340b Q5 2019 and D1340c Q5 2019
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