



**2019 Skyline High School XC Summer  
Strength and Conditioning Camp**



<b>GRADE LEVEL:</b>	9 <sup>th</sup> through 12 <sup>th</sup> grade (this includes incoming freshman)
<b>LOCATION:</b>	Skyline High School track (Some Wednesdays we will meet at local parks)
<b>FOCUS:</b>	This is an outstanding all around fitness camp, for all sports such as soccer, basketball, wrestling with an emphasis on preparing for the upcoming cross country season. We will be working on speed, agility, strength, endurance, team building and fitness. On several Fridays we will be taking trips around Arizona exploring our great state while training at altitude!
<b>DAYS:</b>	<b>Mon-Friday      Mon/Weds/Friday 6 am.      Tues/Thurs 8am</b>
<b>DATES:</b>	<b>June 10<sup>th</sup> though August 2<sup>nd</sup> (Off July 1<sup>st</sup> through July 7<sup>th</sup>)</b>
<b>TIME:</b>	See above
<b>FEE:</b>	\$100 online and \$110 in the bookstore
<b>CONTACT:</b>	Coach Joe Williams 480-320-0058 or jowilliams@fusdaz.org

**Register online** <https://mpswebpay.mpsaz.org> or  
submit registrations to: Skyline Bookstore 845 S. Crismon Rd. 85208-2564

Student Name:	Grade: _____
Parent/Guardian:	School: _____
Phone: (H) _____ (C) _____	Student ID#: _____
Email: _____	
Emergency Contact Name:	
Phone: (H) _____ (C) _____	
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:  	
<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.	
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