



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



GRADE LEVEL:	6 th through 8 th grades
LOCATION :	Skyline High School track (Some Wednesdays we will meet at local parks)
FOCUS:	This is an outstanding all around fitness camp, for all sports such as soccer, basketball, wrestling, track with an emphasis on preparing future high school runners. We will be working on speed, agility, strength, endurance, team building and fitness. We will end the season with a 2 mile cross country race!
DAYS:	Monday-Thursday Mon/Weds 6 am. Tues/Thurs 8am
DATES:	June 10th though August 1st (Off July 1st through July 7th)
TIME:	See above
FEE:	\$75 on line and \$85 in the bookstore
CONTACT:	Joe Williams 480-320-0058 jwilliams@mpsaz.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.	
Parent Signature: _____	
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:	
PAYMENT:	
To pay by debit card or credit card and receive a discount, register online at https://mpswebpay.mpsaz.org .	
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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