



2023 Skyline High School XC Summer Strength and Conditioning Camp



GRADE LEVEL:	9th through 12th grade (this includes incoming freshman)
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 with an emphasis on preparing for the upcoming cross country season. We will be working on speed, agility, strength, endurance, team building and fitness. Most Fridays we will be taking trips around Arizona exploring our great state while training at altitude!
DAYS:	Mon-Friday Mon/Weds 6-9AM. Tues/Thurs 8 AM- Noon Fri 6 AM- 5 PM
DATES:	Monday, June 12 through Friday, July 21 (Off July 3 rd through 7 th)
FEE:	\$100 online and \$110 in the bookstore
CONTACT:	Coach Mike Roelofs (602) 791-1641 or mjroelofs@mpsaz.org

**Register online <https://az-mesa.intouchrecepting.com/> 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://az-mesa.intouchrecepting.com/ For online payment questions please email mpswebpay@mpsaz.org . For camp-related questions, contact the coach listed above. For camp-related questions, contact the coach listed above.	
Check # _____ Check amount \$ _____	
Make checks payable to Mesa Public Schools.	
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