



**2022 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-9AM Tues/Thurs 8 AM-11AM
DATES:	Tuesday May 31st though July 21st (Off July 4th through July 8th)
FEE:	\$75 online and \$85 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) _____	
<p>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.</p> <p>Parent Signature: _____</p> <p>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</p>	
<p>Does your child have health conditions/concerns of which staff should be aware? If so, please explain:</p> 	
<p>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 call (480) 472-0118. For camp related questions, contact the coach listed above.</p> <p>Check # _____ Check amount \$ _____ Make checks payable to Mesa Public Schools.</p>	
<p>For office use only: Item # D1309b Q5 2022</p>	