



## 2023 Skyline Junior High XC Summer Strength and Conditioning Camp



<b>GRADE LEVEL:</b>	6 <sup>th</sup> through 8 <sup>th</sup> grades
<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, 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!
<b>DAYS:</b>	<b>Monday-Thursday Mon/Weds 6 AM-9AM Tues/Thurs 8 AM-11AM</b>
<b>DATES:</b>	<b>Monday, June 12 through Wednesday, July 21 (Off July 3<sup>rd</sup> through July 7th)</b>
<b>FEE:</b>	\$75 online and \$85 in the bookstore
<b>CONTACT:</b>	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><b>Parent Signature:</b> _____</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><b>PAYMENT:</b> To pay by debit card or credit card and receive a discount, register online at <a href="https://az-mesa.intouchrecepting.com/">https://az-mesa.intouchrecepting.com/</a> For online payment questions please email <a href="mailto:mpswbpay@mpsaz.org">mpswbpay@mpsaz.org</a>. For camp-related questions, contact the coach listed above. For camp-related questions, contact the coach listed above.</p>	
<p>Check # _____ Check amount \$ _____</p> <p>Make checks payable to Mesa Public Schools.</p>	
<p>For office use only: Item # D1309b Q5 2023</p>	