



WESTWOOD HIGH SCHOOL YOUTH STRENGTH CAMP

“Do you have what it takes to be a Warrior?”



GRADE LEVEL:	6 th 7 th 8 th Grade students (Boy's and Girl's)
LOCATION:	Westwood High School Weight Room
FOCUS:	All Sports Strength and Conditioning
SESSION DATES & TIMES:	<p>Tuesdays and Thursdays from 4:30pm - 6pm Jan 3, 5, 10, 12, 17, 19, 24, 26, 31 Feb 2, 7, 9, 14, 16, 21, 23, 28</p> <p>Saturday Baseline Testing from 8am to 10am Jan 7th, Jan 28th, Feb 25th</p> <p>20 sessions plus a Westwood Athletics T-Shirt</p>
FEE:	\$60 paid online / \$70 paid in the bookstore
CONTACT:	Brady Pond (bjpond@mpsaz.org) 480-472-4401

Register online at <https://az-mesa.intouchrecepting.com/> or submit registration below to:
 Westwood Bookstore 945 West 8th St. Mesa, AZ 85201

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, 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 # D1340a Q3 2023</p>	

