

Liberty HS

Strength and Conditioning (C)



Strength & Conditioning Session 1 Football - Grades 10-12 2024

Camp Start Date: May 28, 2024

Start Time: 7:00:00 AM

Camp End Date: July 25, 2024

End Time: 8:30:00 AM

Date Details: Sign Up is for 4 days a week, 1.5 hours per! Camp Dates May 28-31, June 3-6, 10-13, 17-20, 24-27 & July 8- 11, 15-18, 22-25. Campus will be closed July 1 - 5.

Venue Name: Liberty HS Football Field

Venue Address: 15250 Rolater Rd, Frisco, TX 75035

Camp Cost: \$288.00

Questions: Contact: Chip Gregory (Director) gregoryc@friscoisd.org (469) 633 - 5882

Special Notes:

Redhawks Athletic Session 1 Strength & Conditioning camp is for High School Football Athletes Grades 10-12. This is a 1.5 hour Strength & Conditioning Camp, Monday through Thursday. You will need athletic shoes and a water bottle. Parents please pickup athletes promptly at the conclusion of their camp.

Medical Info:

In consideration of acceptance of this registration, I waive all claims against the Frisco Independent School district, affiliates, employees, trustees, and agents, individually and in their capacity as such for injury or illness, including COVID-19, which may directly or indirectly result from participation in this event. I accept all risk of contracting COVID-19 associated with my participation in this event and waive any and all claims against the above persons or entities related to contracting COVID-19. My claims remain waived even though liability may arise out of negligence or carelessness of persons or entities mentioned above. I understand that this event will be held in accordance with applicable local, state, and federal guidance related to the COVID-19 pandemic. I understand that the Frisco Independent School District has adopted specific guidelines for this event and that I must abide by all guidelines enacted by Frisco Independent School District including those related to limiting the spread of COVID-19. This registration cannot be processed unless the above agreement is accepted by a legal parent or guardian and I agree to abide by all Frisco I.S.D. Board policies and procedures. Frisco I.S.D. Board policies and procedures may be found on the FISD Board of Trustees website at the following address: www.friscoisd.org/inside/board/index.htm