

Independence HS

Strength and Conditioning (C)



S&C Incoming 7th-9th

Camp Start Date: June 2, 2025

Start Time: 7:00:00 AM

Camp End Date: July 24, 2025

End Time: 9:00:00 AM

Date Details: June 2,4,5,9,11,12,16,18,19,23,25,26 July 7,9,10,14,16,17,21,23,24

Venue Name: Independence HS Football Field

Venue Address: 10555 Independence Pkwy., Frisco, TX 75035

Camp Cost: \$273.00

Questions: Coach Byrd Byrdjt@friscoisd.org

Special Notes:

Strength and Conditioning Camp for incoming 7th-9th grade boys and girls. Camp starts on June 2nd at 7am. Camp days are Monday, Wednesday and Thursday. Last day of camp is July 24th. Athletes are encouraged to bring their own water bottle.

Medical Info:

FRISCO ISD 2025 SUMMER CAMP WAIVER 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 which may directly result from participation in this event. My claims remain waived even though liability may arise out of negligence or carelessness of persons or entities mentioned above. 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 Please initial: _____ I accept the terms of the waiver above Name of Student _____ Please Print Name of Parent _____ Please Print Parent Signature _____ Please Print _____