

Centennial HS

Strength and Conditioning (M)



Session 1 Titan SPA (SPEED, STRENGTH, AGILITY) High School Boys

JUNE WILL BE AT LAWLER MIDDLE SCHOOL

Camp Start Date: June 9, 2025

Start Time: 6:30:00 AM

Camp End Date: July 31, 2025

End Time: 8:00:00 AM

Venue Name: Centennial HS Football Field

Venue Address: 6901 Coit Rd, Frisco, TX 75035

Camp Cost: \$364.00

Questions: Adam Linwood linwooda@friscoisd.org (469) 633 - 5670

Special Notes:

Session 1 is for CHS high school athletes. The camp is Mon-Thur 6:30-8:00 AM. NO CAMP THE WEEK OF FOURTH OF JULY. Please bring a water bottle. This camp will increase your strength, agility, running technique, footwork and endurance for all sports that are offered at the high school level.

Medical Info:

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 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