

Athlete's Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State/Zip: \_\_\_\_\_  
School: \_\_\_\_\_  
Phone: \_\_\_\_\_

Grade Level in Fall 2017: \_\_\_\_\_

Shirt Size: (Circle One) Small, Medium, Large, XL, XXL, XXXL

Short Size: (Circle One) Small, Medium, Large, XL, XXL, XXXL

**“Success isn't always about ‘Greatness’, it's about consistency. Consistent, hard work gains success. Greatness will come. Success isn't overnight. It's when everyday you get a little better than the day before. It all adds up” -  
Dwayne “The Rock” Johnson**

# HORSEHEADS VARSITY “H”



**Summer Strength &  
Speed Camp  
June 26th—August 4th,  
2017  
Monday—Friday  
7:30 am—10:30 am  
(JV & Varsity Athletes)**

## CAMP INFO

**Camp Dates:** June 26th—August 4th, 2017

### **Days & Times:**

***Mondays Thru Friday 7:30 am — 10:30 am***

**Location:** Horseheads High School Weight Room and Athletic Fields

**Equipment Needed:** Shorts, T-shirt, athletic socks, cleats & sneakers

## CAMP FEES

Registration:

- \$120 (includes T-shirt, Shorts)
- **\$185 will cover cost of Both Strength & Conditioning camp as well as Varsity H Football Camp**

Make Check Payable to:

**“HHS Varsity H”**

Mail Registration Form to:  
Athletic Department  
Attention Strength & Speed Camp  
Horseheads Central Schools  
1 Raider Lane  
Horseheads, NY 14845

**\*BRING CHECK ON FIRST DAY**

## CAMP INSTRUCTOR

**Kevin Hillman**

*Varsity Football Head Coach & Assistant Track Coach; Football Strength & Speed Specialist; High School Physical Education Teacher*

**Mike Warrick**

*Assistant Varsity Football Strength & Conditioning Coach*

**Cody Reed**

*Assistant Varsity Football Coach*

## CAMP GOAL

*The goal of this camp is to develop speed, agility, flexibility, and strength to compete at the high school varsity level. This camp will also introduce nutrition principles as it pertains to a high school football player.*

## DAILY SCHEDULE

Monday: Strength Training & SPAC  
Tuesday: Strength Training  
Wednesday: SPAC  
Thursday: Strength Training  
Friday: Strength Training & SPAC (SPAC—Speed, Plyometrics, Agility & Conditioning)

We the undersigned parents or guardians of \_\_\_\_\_, a minor, do hereby authorize the directors of the Horseheads Varsity “H” Football Conditioning Camp, or their designee, to select hospital facilities and/or a physician of their choice and authorize treatment of the above named camper on an emergency basis in the event treatment becomes necessary during this sports camp. We hereby grant permission to participate in the camp program, and acknowledge that the camper named is physically fit to participate in ALL camp activities. The athlete will obey all school district rules and regulations or be subject to dismissal from the program and be sent home immediately. The signature of the parent or guardian acknowledge their willingness to enroll the child in the Horseheads Varsity “H” Club Summer Sports Camp Program under the circumstances stated above. The signature of the parent or guardian relieves the Horseheads Varsity “H” Club, the Horseheads Central School District, and their delegated representatives from any all financial responsibilities.

Parent/Guardian: \_\_\_\_\_ PLEASE PRINT

Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Physician (optional): \_\_\_\_\_

Emergency Contact: \_\_\_\_\_