



25 Barbers Hill Eagle Girls' Strength and Conditioning, 7th thru 12th Grade

ATTENTION ALL INCOMING 7th GRADERS & 8th GRADERS/UPPERCLASSMEN THAT DID NOT PARTICIPATE IN ATHLETICS THIS PREVIOUS YEAR-YOU HAVE TO HAVE A PHYSICAL TURNED IN BEFORE YOU CAN PARTICIPATE IN ANY BH CAMP/SAC CAMP

Camp Start Date: June 2, 2025

Start Time: 9:45:00 AM

Camp End Date: July 31, 2025

End Time: 11:45:00 AM

Venue Name: High School Weightroom

Venue Address: 9696 Eagle Drive, Mont Belvieu, TX 77580

Camp Cost: \$150.00

Questions: Bryan Harris bryan.harris@bhisd.net (281) 576 - 2221

Questions: Casey Veen casey.veen@bhisd.net (281) 576 - 2221

Special Notes:

Athletes should wear athletic shorts, t-shirt, and running shoes for the Barbers Hill Eagle Girls' Strength and Conditioning Camp. Please bring your own water, and any medical aids that you need (inhaler, knee brace etc.) to help you get through the workouts. Also, please eat breakfast! We will utilize the weight room, grass field, and the indoor facility. This camp will work on improving the athlete's strength, speed, agility, and endurance. *****Here are the specific dates of the Strength and Conditioning Camp (June 2nd-5th/ June 9th-June 12th/ June 16th-June 20th/June 23rd-June 26th/July 7th-July 10th/ July 14th-July 17th/July 23rd & 24th/ July 28th-July-31st) This is a great opportunity for our athletes to prepare for their upcoming school seasons. All levels of experience are encouraged to attend! *****There will be NO REFUNDS given for camps..*****

Medical Info:

I have requested 2025 Barbers Hill Eagle Girls' Strength and Conditioning to allow me to participate in the camp. As a condition of receiving this benefit, I, the undersigned, do hereby agree to the following: I understand that my participation in this activity can expose me to dangers both from known and unanticipated risks. Acknowledging that such risks exist, I hereby release and discharge 2025 Barbers Hill Eagle Girls' Strength and Conditioning its officers, agents, and employees from any and all claims or liability for personal injury or property damage I may suffer while participating in the activity; including, but not limited to, any claim arising out of any condition of the premises at which the activity is held or the conduct of any person in connection with the preparation for, supervision of, or conduct of any activity, whether planned or unplanned. I specifically agree to release and hereby release 2025 Barbers Hill Eagle Girls' Strength and Conditioning and the officers, agents, and employees of the camp for any negligence of the camp, or its officers, agents, or employees.