Barbers Hill High School Strength and Conditioning (M)



## 2025 Barbers Hill Eagle Men's Strength and Conditioning, Incoming Grades 7th thru 12th

Camp Start Date: June 2, 2025 Start Time: 7:30:00 AM

Camp End Date: July 31, 2025 End Time: 9:30:00 AM

Venue Name: High School Weightroom

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

Camp Cost: \$150.00

Questions: Cody Simper cody.simper@bhisd.net (281) 576 - 2221

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

## **Special Notes:**

Athlete should wear athletic shorts, shirt and have both flat soled and cleated shoes for camp. Water will be provided but they may bring their own. We will utilize the weight room for 50 minutes as well as work in the indoor or grass field for the remaining hour and 10 minutes. This camp will work on improving strength, speed, agility and explosive power. Camp runs Monday thru Thursday, 7:30-9:30. The camp is closed from June 30th thru July 4th, for the holiday week. \*\*\*\*\*There will be NO REFUNDS given for camps..\*\*\*\*\*

## Medical Info:

I have requested 2025 Barbers Hill Eagle Strength and Conditioning to allow me to participate in the football 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 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 Strength and Conditioning and the officers, agents, and employees of the camp for any negligence of the camp, or its officers, agents or employees.