



## 26 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 1, 2026

**Start Time:** 9:45:00 AM

**Camp End Date:** July 30, 2026

**End Time:** 11:45:00 AM

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**Venue Name:** High School Weightroom

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

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**Camp Cost:** \$150.00

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

**Questions:**

**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. \*\*\*\*\*Camp will be 8 weeks long with the exception of June 30th to July 4th Holiday. 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 2026 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 2026 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 2026 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.