



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

Camp Start Date: June 5, 2023

Start Time: 8:30:00 AM

Camp End Date: July 27, 2023

End Time: 10:30:00 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 5th-June 8th/ June 12th-June 15th/ June 19th-June 22nd/June 26th-June 29th/ July 10th-July 13th/ July 24-27th)

Please note that there will be NO workouts from July 3th-July 7th and July 17th-20th. 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 2023 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 2023 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 2023 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.