



2023 Barbers Hill Eagle Men's Strength and Conditioning, Incoming Grades 7th thru 12th

Camp Start Date: June 5, 2023

Start Time: 7:30:00 AM

Camp End Date: July 27, 2023

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: Carl Abseck carl.abseck@bhisd.net (281) 576 - 2221

Questions: Matt Kuykendall matthew.kuykendall@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 with skills following from 9:30-10:30. Only exception is week 6 which will be Wednesday thru Friday July 19th thru July 21st. The camp is closed from July 3rd thru July 6th. *****There will be NO REFUNDS given for camps..*****

Medical Info:

I have requested 2023 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 2023 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 2023 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.