



2018 KELLER INDIANS



STRENGTH & CONDITIONING

Dates: June 11-29 and July 9-26 (Monday –Thursday for 6 Weeks)

*There will be no workouts the week of July 2-6—KISD will be closed.

Location: K.I.S.D . Stadium / Field House @ Keller High School

Eligibility: 10th-12th grade (8:00am-9:30) 7th-9th grade (10:00-11:30)

Cost: \$125.00

What To Bring: Football Cleats, Sneakers, Water bottle, Shorts and T-Shirt

Benefits: *Strength, Speed, and Quickness training .

*Improving overall athleticism.

*Age and ability specific training.

Make Checks Payable to:

Keller ISD

Mail to:

Coach Carl Stralow
601 N. Pate Orr Rd.
Keller, TX 76248

Strength and Conditioning Camp

Name _____ Grade Fall of 2018 _____

Street _____ City _____ Zip _____

School Attending in Fall of 2018 _____ Male Female

Parent's Name _____ Work # _____ Cell # _____

Parent's Email _____

T-shirt size (please circle)

Youth L XL

Adult S M L XL XXL

PARENTAL CONSENT: The signature below gives my consent for the mentioned athlete to participate in the Keller High School Strength and Conditioning Camp. It is understood that even though preventive measures are taken, the possibility of an accident still remains. The Keller Independent School District and the Keller High School coaching staff, or any other camp clinicians assumes not responsibility should and accident occur.

PARENT SIGNATURE: _____