

**THE SAN RAMON VALLEY
STRENGTH & CONDITIONING CAMP
(2010 FOOTBALL)**

Strength & conditioning training will take place @ San Ramon Valley High School this summer for any student-athlete (9th – 12th grades) interested in preparing themselves for the upcoming football season. The program begins on Monday, June 21st and continues through Friday, August 6th.

The schedule is as follows:

FRESHMEN:	8:00-10:00 am	(Mon, Tue, Wed, Thur)
SOPHOMORES:	8:00-10:30 am	(Mon-Wed-Fri)
JUNIORS & SENIORS:	10:00-1:00 pm	(Mon-Tues-Wed-Fri)

The goal of this program is to improve each athlete's strength & conditioning levels in order to improve their performance on the football field, and lessen their chances for injury.

If a scheduling conflict occurs please notify the coaching staff. If you cannot attend your time slot, you can attend the other session.

*Please bring jump ropes, water bottles and football cleats.

The price for the program is \$250.00 which includes:

- 1) Carefully planned and monitored strength & conditioning workouts.
- 2) Football skills instruction.
- 3) Football practice jersey, t-shirt, shorts, bumper sticker and mouthpiece.

NCS Champions 2007 & 2004, NCS Finals 2002, NCS Semi-Finals 2008, 2006, 2005

EBAL Champions 2007

NCS Playoffs 2009, 2005, 2004, 2003, 2002, 2001, 2000, 1998, 1996

*Please return the bottom portion of this form, the attached liability waiver, and a check for \$250.00 made out to **SAN RAMON FOOTBALL CLUB** as soon as possible.

Mail to:

San Ramon Valley High School
ATTN: Football
501 Danville Blvd.
Danville, CA 94526

NAME: _____ PHONE # _____

PARENT'S NAME _____

ADDRESS _____ CITY _____ ZIP _____

INSURANCE CARRIER _____ POLICY # _____

EMERGENCY PHONE #(s) _____

GRADE (Fall) _____ EMAIL ADDRESS _____

**PARENT/STUDENT CONSENT AND WAIVER OF LIABILITY FOR
LEAGUE, TOURNAMENT, AND CAMP PARTICIPATION**

PARTICIPANTS NAME: _____

ADDRESS: _____

SCHOOL: _____

GRADE: _____ AGE: _____

NAME OF CAMP:

I hereby give my consent for the above named student to compete and participate in the above referenced Camp. I, the undersigned, hereby release and discharge both the organizers and operators of the "Camp" and the San Ramon Valley Unified School District, their officers, employers, agents, servants and volunteers (herein collectively referred to as "Camp/District") from all liability arising out of or in connection with the above described activity or all liabilities associated with any and all claims related to such activity that may be filed on behalf of or for the above named minor. For the purposes of this agreement, liability means all claims, demands, losses, causes of action, suits or judgments of any and every kind that occurs during the above described activity and that results from any causes including the active or passive conduct and/or negligence of the Camp/District.

I acknowledge on my behalf and on the behalf of the above named minor that there are risks that are inherent in the above described activity, including the risk of serious injury that may occur through the conduct of other participants, coaches, Camp/District, including conduct that may not be part of the ordinary risks of the activity itself. For example, injury may occur through conduct that is not authorized by the rules and regulations of the activity. This release and waiver as set forth in the above paragraph shall also apply to this type of conduct and any resulting injury.

I also represent that the above named participant has undergone a medical examination by a licensed physician within one year preceding the date this document is signed, is in good health, and fully able to participate in the activities provided by the camp, including activities which are strenuous in nature.

I have carefully read this waiver and release of ability and fully understand its terms and condition and understand that by signing this document that I have given up substantial rights for the named participant/minor and myself.

Parent/Guardian Signature

Date

Parent/Guardian Print Name

Participants Signature

Date