

# Strength and Conditioning Camp

**What:** A summer camp for boys and girls to get in shape for upcoming seasons.

**When:** Two days a week from June 6 through July 29. We will take July 2nd –July 10 off due to SDHSAA regulations. Definite times and dates will be announced later after finding out student interest. There may be two sessions depending on participation

**Where:** Wilmot School Gym

**Who:** Any 7th—12th student during the 2015-2016 school year who wants to get stronger and faster.

**Cost:** The cost of the camp is \$50 per athlete. For more more than 2 from the same family, cost will be capped at \$100.

The purpose of the camp is to get you stronger and faster for the sports you participate in.

This camp is going to be a positive experience for those who choose to attend. Therefore, there will be a ZERO TOLERANCE discipline policy at this camp. **Campers will be asked to leave if they choose not to follow the camp rules.**

Please send the signed waiver (below) and the \$50 fee Mike Schmidt at the Wilmot School by **May 18th** so we can plan accordingly. If you have any questions, please feel free to contact Mike at 938-4647.

WE HOPE TO SEE YOU THERE!!!

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Return this portion with payment by May 20th

T-Shirt Size (Adult) \_\_\_\_\_

Athlete's Name: \_\_\_\_\_ Athlete's Grade: \_\_\_\_\_  
Days TBD

By signing this waiver, I hereby waive and release all rights and claims for damages I may have against the Wilmot School and its employees on account of any injuries or illnesses sustained by my child while attending the Wilmot Strength and Conditioning Camp. I authorize the directors of the camp to authorize treatment on an emergency basis if such treatment becomes necessary as a result of participating in the Wilmot Strength and Conditioning Camp.

\_\_\_\_\_  
Parent/Guardian Signature

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Parent/Guardian Signature