



Midlothian ISD Athletic Department

Steve Keasler-Director of Athletics

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May 6, 2011

Dear Parent and Athlete:

Our coaching staff is excited to have an opportunity to train you this summer. It is vital to come into the fall strong, fast and well conditioned. All of the hard work that you have done during the school year can easily be lost if you take the summer off. We have a fun and intense summer program planned to help maximize your athletic abilities.

The summer strength & conditioning program will be offered at both Frank Seale and Walnut Grove Middle Schools, Monday through Thursday for six weeks. Camp Dates will be June 6th – July 14th (No workout Monday, July 4th) and we will offer two sessions: Session 1: 8:00 am – 9:30 am and Session 2: 9:30 am – 11:00 am. A sample schedule is listed below:

8:00-8:10	Warm-up and Dynamic Stretching
8:10-8:30	Speed, COD, Conditioning Drills
8:30-9:00	Strength, Fitness and Explosion Training
9:00-9:15	Competitive Games and Contests
9:15-9:30	Cool Down and Static Stretch

Let us help you be the best you can be next year!

Sincerely,

Steve Keasler
Director of Athletics

“Together We Can!”

Frank Seale Cub Strength and Conditioning Program

Dates: June 6th - July 14th Monday through Thursday (No Workout on Monday, July 4th)

Place: Frank Seale Middle School Training Field, Track, and Sand Pit

Times: Session 1 (8:00 - 9:30 am) Session 2 (9:30 - 11:00 am)

Price: \$100.00 (includes t-shirt)

The goal of our athletic development program is to take advantage of young athletes abilities to train hard, recover quickly and show rapid improvement. Pace and intensity will be varied to athlete's ability, desire to challenge themselves and improve. The principle training goals of simplicity and repetition are consistent to train young athletes to improve speed, strength, conditioning, change of direction, power and explosion, "core" and flexibility. The curriculum is based on the RUN, JUMP and LIFT mode of training.

Cub Summer Strength and Conditioning Program Application and Insurance Release Form

I would like to enter my child _____ in the **Cub Strength and Conditioning Program**. This is to certify that I, parent/guardian _____, hereby grant permission to the Cub Strength and Conditioning Program to obtain medical care from any license physician, hospital or medical clinic for the player named herein at such time as either parent or legal guardian cannot be contacted in person or by telephone. This authorization shall include all camp activities, and we do hereby waive, release, absolve, indemnify, and agree not to hold Brian Garrison or Sandy Fish, Cub Strength and Conditioning Program, the organizers, supervisors, or participants, from any claim arising out of injury to the player or accidents that may occur during the camp.

Signed _____ Date _____

Session 1 8:00-9:30 am Session 2 9:30-11:00 am (Circle One)

Camper Name _____ Age _____

Address _____ City _____

School Attending in Fall 2011 _____ Grade (2011-2012) _____

Parent Name _____

Home Phone _____ Other Contact # _____

Circle T-Shirt Size: S M LG XL Circle: Youth or Adult size

Mail application and insurance waiver to:
Frank Seale Middle School Athletics
Attn.: Sandy Fish or Brian Garrison
700 George Hopper Road
Midlothian, TX 76065

*Please make checks payable to:
Midlothian ISD Athletic Department
(include DL# and DOB)

*Deadline: June 3rd