Midlothian ISD Athletic Department

Steve Keasler-Director of Athletics
Kathryne Buckley – Athletic Programs Assistant Monica Wolf-Athletic Secretary
923 South 9th Street Midlothian, Texas 76065
Athletic Office: 972-775-8174 Athletic Fax: 972-775-5931

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!"

Walnut Grove Wildcat Strength and Conditioning Program

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

Place: Walnut Grove 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.

Wildcat Summer Strength and Conditioning Program Application and Insurance Release Form

I would like to enter my child _____ in the **Wildcat Strength and Conditioning Program.** This is to certify that I, parent/guardian _____, hereby grant permission to the Wildcat 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 Butch Phillips or Audrie Bowers, Wildcat 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:
Walnut Grove Middle School Athletics
Attn.: Audrie Bowers or Butch Phillips
990 N. Walnut Grove Road
Midlothian, TX 76065

***Please make checks payable to:**
Midlothian ISD Athletic Department
(include DL# and DOB)
***Deadline: June 3rd**