

Lady Panther Summer Conditioning Program

APPLICATION

Instructors: The program will be coordinated by Plano East Girl's coaches and Athletic Director Joey McCullough.

Program Objective: The key to success in any sport is strength, speed, agility and vertical. This 6-week program will help to develop and improve your strength, speed, agility, vertical and self-confidence, which will improve your efficiency as an athlete in all types of sports.

Equipment: Each athlete should wear a good pair of running shoes, shorts and T-shirt to camp each day. This is not imperative, but will be to the advantage of the athlete.

Training: Training techniques will include weight training, speed development, agility programs, plyometrics, flexibility, nutrition, etc. designed towards young ladies.

Last Name _____

First Name _____

Address _____ Apt# _____

City _____ State/ZIP _____

Home# _____

Fathers Name _____ Cell# _____

Mothers Name _____ Cell# _____

Emergency Contact _____

Emergency# _____

School Now Attending _____

School Attending Fall 2018 _____

Age Now: _____ Grade in Fall 2018 _____

PROGRAM DATES: June 11th - July 26th (M-T-W-Th)
6 Weeks Total (No workouts the week of July 4th)

LOCATION AND SESSION TIMES:

LOCATION: Plano East Senior High Activity Center

I. 10:15 am - 12:15 pm

(Incoming girls both middle school and 9-12 graders)

Please Circle ONE Indicating The Session You Prefer to Attend.

COST: \$210.00 per person for 9-12 for all 6 weeks or \$35 per week. Plano ISD offers online payments through www.paypams.com. PayPams is the preferred method of payment. We also will accept personal checks, Master Card, Visa, American Express and Discover. Make checks payable to Plano ISD. If your check is dishonored or returned for any reason, we reserve the right to electronically debit your account for the amount of the check plus a processing fee of \$25.00 (or legal limit).

FULL PROGRAM-ALL 6 WEEKS \$210.00

OR

OF WEEKS _____ X \$35.00 = _____

MAKE CHECKS PAYABLE TO: PLANO ISD

Check Amount: \$ _____ **Check #** _____

OR

Credit Card Information:

Check one:

Master Card Visa AmEx Discover

Card #: _____

Exp. Date: (MO/YR) _____

Authorized User Signature:

_____ **Date:** _____

**DO NOT SEND CASH NO REFUNDS
NO EXCEPTION**

Fees must be PAID IN FULL by JUNE 1st
(\$25.00 late fee will be accessed after June 1st)

RELEASE OF LIABILITY

In consideration of my participation in the Lady Panther Summer Conditioning Program, I do hereby release and discharge Plano ISD and all personnel thereof for all claims or damages, demand, action or whatsoever in any manner arising or growing out of my participation at the Lady Panther Summer Conditioning Program. I attest and verify that I hereby release Plano ISD from any liability now or in the future. Including, but not limited to heart attacks, muscle strains or pulls, broken bones, shin splints, heat prostration, knee/lower back or foot injuries or any other illnesses, soreness or injury however caused, occurring during or after my participation in the exercise program. If, in fact, an injury that requires emergency medical attention occurs, I reserve the right for Plano ISD to take action through medical facilities in the area.

Plano ISD reserves the right to discontinue an athlete's program at any time for any reason. I have read the information in full, and to the best of my ability understand the information above.

SIGNATURE FOR RELEASE OF LIABILITY

Participant _____

Date _____

Parent or Guardian _____

Date _____

***Mail completed application with camp fee to:**
Plano East Senior High
c/o Cristy Cooley
3000 Los Rios Blvd, Plano, TX 75074

For More Information Contact:
Coach Cooley : cristy.cooley@pisd.edu
For More Information
(469) 752-9200

Panthers

