

## **A UIL physical form is required before participation.**

A completed UIL physical form must be on file with the athletic trainer on site before participation. Athletes who were in PISD athletics class in 2019-2020 school year should have a physical on file in Rank One. For incoming 7th graders, the physical form must be dated after May 1, 2020.

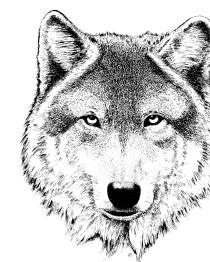
The UIL Physical Form can be located at:

[https://www.uiltexas.org/files/athletics/forms/PrePhysFormRv sd1\\_10\\_20.pdf](https://www.uiltexas.org/files/athletics/forms/PrePhysFormRv sd1_10_20.pdf)

Plano ISD will follow all UIL Summer Strength and Conditioning COVID-19 guidelines.

UIL Link:

<https://www.uiltexas.org/athletics/covid-19-strength-conditioning-2020>



*Wolves* 

# **2020 Girls Summer Conditioning Program**

Plano West Senior High  
Activity Center  
5601 W. Parker Rd.  
Plano, TX 75093

# ***Wolf Pack Summer Conditioning Program***

**Instructors:** Plano West Coaches. The program will be coordinated by Plano West Head Coach and Athletic Coordinator Tyler Soukup.

**Program Objective:** The key to success in any sport is strength, speed and agility. This 4-week program will help to develop and improve your strength, speed, agility and self-confidence, which will improve your efficiency as an athlete in all types of sports.

**Equipment:** Each athlete should wear good 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 programs, agility programs, plyometric, flexibility, nutrition, etc.

**\*Must be in grades 7-12 as of Fall 2020 to participate.**

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 2020 \_\_\_\_\_

Age Now: \_\_\_\_\_ Grade in Fall 2020 \_\_\_\_\_

## **APPLICATION**

### **PROGRAM DATES (4 Weeks Total):**

June 15 – July 2, (M-T-W-TH)

July 6, 9, & 10 (M-TH-F)

### **SESSION TIMES:**

8:00 am - 10:00 am (incoming girls 7th-12th grade)

**LOCATION:** Plano West Senior High Activity Center

**COST: \$140.00 per person**

**Plano ISD offers online payments through [www.paypams.com](http://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).**

### **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: \_\_\_\_\_

OR

Date paid on PayPams \_\_\_\_\_ Conf # \_\_\_\_\_

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

## **RELEASE OF LIABILITY**

In consideration of my participation in the Wolf Pack 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 Wolf Pack 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 I n 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 \_\_\_\_\_

**Please return the completed UIL physical form and application with fee to your current campus coach or to:  
\*c/o Tyler Soukup  
5601 W. Parker Rd., Plano, Texas 75093  
Contact Tyler Soukup For More Information:  
[tyler.soukup@pisd.edu](mailto:tyler.soukup@pisd.edu)  
469-752-9800**

