

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

A completed UIL physical form must be turned in to the athletic trainer before participation. The physical form must be dated after August 1, 2020 for all incoming 8th through 12th graders. For incoming 7th graders, the physical form must be dated after May 1, 2021.

The UIL Physical Form can be located at:

<https://www.uiltexas.org/files/athletics/PrePhysFormRvsd2.21.pdf>



*Panthers*

**2021  
Summer  
Conditioning  
Program**

Plano East Senior High  
Activity Center  
3000 Los Rios Blvd.  
Plano, TX 75074

## *Panther Summer Conditioning Program*

**Instructors:** Plano East Coaches. The program will be coordinated by Plano East Head Coach and Athletic Director Joey McCullough.

**Program Objective:** The key to success in any sport is strength, speed and agility. This 6 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 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 programs, agility programs, plyometrics, flexibility, nutrition, etc.

**\*Must be in grades 7-12 as of Fall 2021 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 2021 \_\_\_\_\_

Age Now: \_\_\_\_\_ Grade in Fall 2021 \_\_\_\_\_

## APPLICATION

**PROGRAM DATES (6 Weeks Total):**

- June 7-11 (M-T-W-TH-F)
- June 14 -18 (M-T-W-TH-F)
- June 21-25 (M-T-W-TH-F)
- July 6-9 (T-W-TH-F)
- July 12-16 (M-T-W-TH-F)
- July 19-23 (M-T-W-TH-F)

**SESSION TIMES:**

- I. 6:00 am - 8:00 am -incoming girls & boys 9-12 grade
- II. 6:00 am - 8:00 am -incoming girls & boys 7-8 grade
- III. 8:00 am - 10:00 am -incoming boys 9-12 grade
- IV. 8:00 am - 10:00 am -incoming boys 7-8 grade
- V. 10:15 am -12:15 pm -incoming girls & boys 9-12 grade
- VI. 10:15 am -12:15 pm -incoming girls & boys 7-8 grade

*Please Circle ONE Indicating The Session You Prefer to Attend.*

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

**COST: \$210.00 per person for all 6 weeks or \$35 per week. Plano ISD offers online payments through Rycor studentquickpay.com/pisd/ . Online payment is the preferred method of payment . We also will accept personal checks, Master Card, Visa, AMEX, 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: \_\_\_\_\_

**OR**

**Date paid online \_\_\_\_\_ Conf# \_\_\_\_\_**

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

## RELEASE OF LIABILITY

In consideration of my participation in the 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 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 \_\_\_\_\_

Please return the completed UIL physical form and application with fee to your current campus coach or to:  
**c/o Joey McCullough**  
**3000 Los Rios Blvd, Plano, TX 75074**

Contact Joey McCullough For More Information  
**(469) 752-9200**

