

**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>



*Panthers*

**2020**

**Middle School  
Boys & Girls  
Speed  
Development**

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 Coordinator Joey McCullough.

**Program Objective:** The key to success in any sport is strength, speed and agility. This 5-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, speed programs, agility programs, plyometrics, 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 (5 Weeks Total):

June 29 –July 2, (M-T-W-TH)

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

July 13-17 (M-T-W-TH-F)

July 22-24 (W-TH-F)

July 27-31 (M-T-W-TH-F)

### SESSION TIMES:

#### *Middle School Session*

11:15am – 12:45pm (Incoming 7th & 8th Boys and Girls)

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

**COST: \$175.00 per person.**

**Plano ISD offers online payments through  
www.paypams.com.**

Date paid on PayPams \_\_\_\_\_ 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 Nathan Collins  
3000 Los Rios Blvd, Plano, TX 75074**

Contact Nathan Collins For More Information  
**(214) 669-7917**

***Panthers*** 