

**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/PrePhysFormRvsd1_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
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 Coordinator Joey McCullough.

Program Objective: The key to success in any sport is strength, speed and agility. This 7-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 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 (7 Weeks Total):

June 15-26 (M-T-W-TH-F)
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:

I. 7:00 am - 9:00 am (incoming boys 9-12 grade)
II. 9:15 am – 11:15 am (incoming boys 9-12 grade)
III. 11:30 am - 1:30 pm (incoming girls & boys 9-12 grade)

Please Circle ONE Indicating The Session You Prefer to Attend.

LOCATION: Plano East Senior High Activity Center

COST: \$245.00 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 