

Serra High School Athletic Department
“Home of Champions” Youth Football & Strength Camp
Open to All 6th/ 7th/ 8th Grade Students & Athletes

Mondays

10 DAYS WITH THE CAVALIERS

February 8, 2016 - April 25, 2016

No Camp: March 21 and March 28

5:30PM – 6:45PM

\$5 per Session

Coached By: Scott Altenberg, Head Football Coach & the entire Serra Cavalier football staff

Areas of Focus: Football position training, Speed Training, Functional Movement, Strength & Power, Explosiveness

Bring cleats & tennis shoes; Meet in the Serra Weight Room



Work out & train just like the Serra Cavaliers do! We guarantee this camp will make you a better athlete and prepare you for success in your upcoming athletic events. Take your game to the next level at Serra!

Questions? Contact: saltenberg@la-serrahs.org or jdabbs@la-serrahs.org

Athlete: _____ Age: _____

Current School: _____ Grade in Fall 2016: _____

Address: _____

Parent Name: _____ Parent Email: _____

Parent Phone: _____ Cell: _____

Emergency Contact: _____ Phone: _____

Allergies / Health Conditions: _____

I hereby release, indemnify and hold harmless Junipero Serra High School, including its trustees, employees, volunteer workers, students, agents and assigns from any and all liability, damages, claim of any nature whatsoever arising out of or in any way related to my child's participation in this youth camp. Participating in any activity is an acceptance of some risk or injury. Despite precautions, accidents and injuries may occur and injury and/or loss or damage to personal property may occur as a result of participating in this youth camp. Therefore, I assume all risks related to the activities. In case of emergency and if cannot be reached, I do hereby authorize a representative of Junipero Serra High School to consent to any medical treatment or care deemed advisable. I have read and agree to comply with the above statement. My signature below indicates that I have read, understand and freely signed with agreement, which shall take effect as a sealed instrument. I expressly agree that this agreement shall be construed and enforced in accordance with California law, and I consent to the jurisdiction of said state. I agree that this waiver and release is intended to be as broad and inclusive as permitted under California laws so that if any portion hereof is held invalid, the balance shall continue in full legal force and effect.

Parent Signature _____ Date _____