



**NORTH JUNIOR HIGH SCHOOL SUMMER
STRENGTH AND CONDITIONING
PROGRAM**

**June 3rd through July 3rd, 2019 and July 8th through July 19th, 2019
Monday through Thursday each week
7 Weeks Total**

The UIL Summer Strength and Conditioning Program may be conducted by school coaches for students in grades 7-12 from that coach's attendance zone only under the following conditions.

1. Sessions may be conducted by school coaches only on Monday through Thursday for no more than six weeks during the summer vacation until the second Monday in August and shall be no more than two consecutive hours per day.
 2. A student shall attend no more than one two-hour session (conducted by a school coach) per day. Schools shall take administrative care to prohibit an athlete from working with one school coach for two hours and a separate school coach for another two hours.
 3. Sessions conducted by school coaches shall include only students who are incoming seventh graders or above.
 4. Sessions shall include only strength and conditioning instruction and exercises. Sport specific instruction occurs during the 2 hours allowed. Sport Specific Equipment (balls, dummies, spacer dummies) are allowed. Specific groupings of athletes by sport or position are allowed during the 2 hours of sports specific training.
 5. School shirts, shorts and shoes may be provided (at local option). Proper attire shall be worn.
 6. Attendance shall be voluntary. Coaches shall not require athletes to attend in order to try out or participate in any UIL Sport. Attendance records shall be kept, however students shall not be required or allowed to make up missed days. Students may work out on their own, without direction of the school coach.
 7. **No fee** is required for any Sharyland ISD Student or Student Athlete.
 8. Any payment for conducting strength and conditioning sessions to school coaches who instruct students from their attendance zone shall be from the school and no other source.
- ✓ Only Pioneer High School 7th and 8th Grade Attendance Zone Students are allowed (by UIL Rule) to participate in this program.
 - ✓ Each session is a maximum of 2 hours. Each Athlete is allowed to attend only one session per day.
 - ✓ There is 1 session scheduled each day Monday through Thursday. The session is for North Junior High School Students (Incoming 7th through incoming 8th).
 - ✓ A new 2 Hour Sports specific session will take place during the week as well. Football, Basketball, Soccer, and Volleyball will take part in sharing the athletes during the summer. This is for all grade levels 7th -12th.

SESSION I: MONDAY TO WEDNESDAY 9:30 A.M. – 11:30 A.M. – NORTH JUNIOR HIGH SCHOOL SESSION (INCOMING 7TH – 8TH).

THURSDAY 9:30 A.M. – 11:30 A.M. – NORTH JUNIOR HIGH SCHOOL SESSION (INCOMING 7TH – 8TH). SPORTS SPECIFIC FOR VOLLEYBALL, SOCCER, BASKETBALL, FOOTBALL.

LUNCH PROVIDED AFTER SESSION

LOCATIONS: NORTH JUNIOR HIGH SCHOOL – NORTH STADIUM AND FIELD HOUSE

NAME: _____

HOME #: _____ **CELL #:** _____

SPORTS PLAYED: _____

PARENT NAME : _____ **PHONE:** _____

I CERTIFY THAT _____ HAS MY PERMISSION TO PARTICIPATE IN THE SHARYLAND ISD SUMMER STRENGTH AND CONDITIONING PROGRAM. I AUTHORIZE THE COACHING STAFF TO ACT ON MY BEHALF AND USE THEIR BEST JUDGEMENT IN ANY EMERGENCY REQUIRING MEDICAL ATTENTION. I HEREBY WAIVE AND RELEASE SHARYLAND I.S.D AND ITS EMPLOYEES FROM LIABILITY FOR INJURY. I KNOW OF NO PHYSICAL OR MENTAL PROBLEMS THAT MAY AFFECT MY CHILD'S ABILITY TO PARTICIPATE SAFELY IN THE CAMP.

PARENT/GUARDIAN SIGNATURE _____