



San Ramon Valley Football

STRENGTH & CONDITIONING CAMP 2023



Cost: **\$375** payable to SAN RAMON VALLEY FOOTBALL, *\$650 for siblings*

For: All 9th – 12th graders interested in preparing themselves physically for the upcoming football season.

DATES: (Monday-Thursday)

- June 12 - July 39 (*Freshman begin June 19)
- July 10 - July 20
- July 31 - Aug 3

**Note: July 3 - 6 and July 24 - 27 are camp vacations.*

TIMES:

- **FRESHMEN: 8:00-10:30 am**
- **JUNIOR VARSITY: 8:00-10:30 am**
- **VARSITY: 9:00-12:00 pm**

*Meet in the Football Stadium

*If a scheduling conflict occurs please notify the coaching staff. If you cannot attend your time slot, you can attend another session. ***Please bring water bottles, running shoes, and football cleats.**

The program includes:

- 1) Carefully planned and monitored strength & conditioning workouts.
- 2) Football skills instruction and application.
- 3) Camp t-shirt & shorts.

*Please return this completed form for each camper, the attached liability waiver, and send payment to SAN RAMON VALLEY FOOTBALL as soon as possible.

Mail to:

San Ramon Valley High School
501 Danville Blvd.
Danville, CA 94526
ATTN: FOOTBALL

***Note: This camp's purpose is to prepare student athletes for the rigors of a football season and to assist in the football programs fundraising efforts. Its purpose is not a primary means of employment for its coaches.**

STUDENT NAME _____ GRADE (Fall) _____

PARENT'S NAME(s) _____ EMERGENCY PHONE # _____

ADDRESS _____ CITY _____ ZIP _____

PARENT'S EMAIL (s) _____

SAN RAMON VALLEY UNIFIED SCHOOL DISTRICT

EXTRA CURRICULAR ACTIVITIES

VOLUNTARY ACTIVITIES PARTICIPATION FORM and ACKNOWLEDGMENT AND ASSUMPTION OF POTENTIAL RISK

I authorize myself/my son/daughter, _____ to

participate in the activities of Summer Football Strength & Conditioning Camp. I understand and acknowledge that these activities, by their very nature, pose the potential risk of serious injury/illness to individuals who participate in such activities.

I understand and acknowledge that participation in these activities is completely voluntary.

I understand and acknowledge that in order to participate in these activities, my son/daughter and I agree to assume liability and responsibility for any and all potential risks that may be associated with participation in such activities.

I understand, acknowledge, and agree that the San Ramon Valley Unified School District, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered by myself, my son/daughter which is incident to and/or associated with preparing for and/or participating in this activity.

The undersigned agrees to defend, indemnify and hold harmless the San Ramon Valley Unified School District, its Board of Trustees, officers, agents and employees, individually and collectively, from and against all costs, losses, claims, demands, suits, actions, payments and judgments, including legal and attorney fees, arising from personal or bodily injuries, property damage or otherwise, regardless of and however caused, brought or recovered against any of the above that may arise for any reason from or during or be alleged to be caused by the undersigned's (use/occupancy of District's facilities, furniture or equipment, or nature of activity).

I acknowledge that I have carefully read this VOLUNTARY ACTIVITIES PARTICIPATION FORM and that I understand and agree to its terms.

Parent/Guardian Date

Student Signature Date

A signed VOLUNTARY ACTIVITIES PARTICIPATION FORM must be on file before a participant will be allowed to participate in the above extra-curricular activities.