

STERLING STRENGTH & CONDITIONING CAMP

The Sterling Strength and Conditioning summer camp will emphasize weight training, conditioning, plyometrics, agility, flexibility and speed drills needed to enhance athletic performance.

There will be two sessions, one for males and one for females, the camp will run four days a week (Monday through Thursday).

The camp is open to all high school athletes (from incoming freshman to outgoing seniors)

When : June 24th to July 25th

- Off July 4th

Where : Sterling Fields and Gymnasiums

Cost : For 5 weeks - \$100 per student
\$175 - families with two students
\$230 – families with three students
For 1-4 weeks - \$75 per student
\$140 – families with two students
\$200 – families with three students

* - make checks payable to SHS strength and conditioning camp

Session for Boys – 12:30 am Start Session for Girls – 2:00 pm Start

Any questions or comments about the camp contact:

Dan Harris.

856-905-4766 cell

DHarris@sterling.k12.nj.us

STERLING SPEED AND CONDITIONING CAMP

Registration/Parent Permission Form

Name _____

Address _____

Home Phone _____ Emergency Phone _____

Emergency Contact Person _____

Sex: Male _____ Female _____ Age _____ Grade: _____

Email Address _____

Time frame you are participating: 4 weeks _____ 1-3 weeks _____

I/WE, the parents/guardians of the above named child, who is a registrant in the Sterling Speed and Conditioning Summer Camp, hereby give our consent to his/her participation in any or all of the activities during the camp. We assume all risk and hazards incidental to the conduct of the activities during the camp and agree not to hold the school and/or directors responsible for injuries.

Students Signature _____ Date _____

Parents Signature _____ Date _____