

7th Annual Tuscola Speed and Explosive Jump Camp

Description: The Tuscola Speed and explosive jump camp is open to incoming 6th-12th grade boys and girls within and outside the Tuscola School District. Its purpose is to develop proper running technique, improve turnover and stride length, and create more explosive jumping ability while strengthening knee structure to help injury prevention in the knees. This is open to all athletes in football, soccer, track, cross country, basketball, baseball, among others.

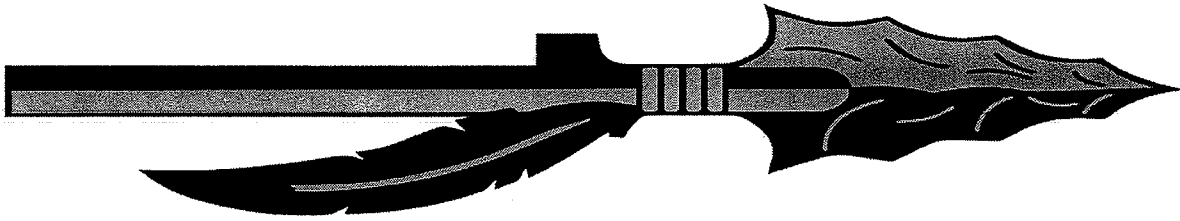
Dates: Camp will begin the week of June 15th and run through week of July 20th. Camp will be on Monday and Wednesdays of each week with the exception of Monday, July 6. There will be no camp this day as part of 4th of July vacation week.

Cost: \$50.00 for all campers (HS football players will pay \$70.00 total for a combination fee of football and speed camp.) Proceeds for camp will be utilized for new equipment (plyo boxes, speed hurdles, etc) and stipends for camp directors/helpers. **Please make checks payable to Tuscola Football.**

Camp Directors: Andy Romine (217) 369-5951 and Drew Sterkel

High School Boys	HS and Jr. High Girls	Jr. High Boys
Begins: Week of June 15 th and will take place as part of morning weightlifting beginning at 7:30 a.m.	Begins: Week of June 15 th and will take place at 9:30 a.m.	Begins: Week of June 15 th and will take place at 10:30 a.m.
Camp Days: June 15, 17, 22, 24, 29, July 1, 8, 13, 15	Camp Days: June 15, 17, 22, 24, 29, July 1, 8, 13, 15, 20, 22	Camp Days: June 15, 17, 22, 24, 29, July 1, 8, 13, 15, 20, 22

Please contact Coach Romine with any questions regarding camp. Pro-rated pay is available to people who would miss portions of camp for vacations.



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Please fill out this form and return to Coach Romine or HS Office by June 1

Name: _____ Grade 2015/2016): _____

Parent Contact (Name/Number): _____

Waiver of Liability for Camps (updated April 7, 2015)

I, _____ (hereinafter "Parent") do hereby authorize and give my consent and permission for my child, _____ (hereinafter "Child"), to participate in _____, an extra-curricular program operated by Tuscola Community Unit School District No. 301 ("the District").

In consideration of the District's permission for Child to participate in the District's extra-curricular events, I acknowledge and permit Child to participate in this event or program and acknowledge the risks associated with this event or program, including but not limited to possible injury. By my signature below:

I RELEASE AND FOREVER ACQUIT TUSCOLA COMMUNITY UNIT SCHOOL DISTRICT NO. 301, ITS OFFICERS, BOARD MEMBERS PAST, PRESENT, AND FUTURE, AND ANY AND ALL EMPLOYEES, AGENTS, AND ASSIGNS FROM ANY AND ALL LIABILITY IN THE EVENT MY CHILD IS INJURED, ENDANGERED, OR OTHERWISE DAMAGED OR LIABLE DURING THE ABOVE-STATED PROGRAM OR EVENT.

I have read, I understand, and I agree to the entirety of the WAIVER OF LIABILITY.

PARENT

DATE

Please contact Coach Romine with any questions regarding camp. Pro-rated pay is available to people who would miss portions of camp for vacations.