

Hill Country Christian High School-Austin

Strength and Conditioning (C)



# Body Weight Strength Training - HS and MS

## Athletes 6/11-6/14

**Camp Start Date:** June 11, 2024

**Start Time:** 10:00:00 AM

**Camp End Date:** June 14, 2024

**End Time:** 1:00:00 PM

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**Venue Name:** MAC Weight Room

**Venue Address:** 3400 Hatch Road, Cedar Park, TX 78613

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**Camp Cost:** \$150.00

**Questions:** Angel Hernandez [ahernandez@hccsa.org](mailto:ahernandez@hccsa.org)

**Special Notes:**

A three day camp for rising 7th-12th girls and boys where your student will learn how to use their own body to get stronger, more athletic, more explosive, and more resilient to injuries. This camp is perfect for both boys and girls of all ages who are serious about getting and feeling holistically better as athletes. Led by Texas A&M multi-sport athlete Dirk Sanford.

**Medical Info:**

I am the Parent/Guardian of the above-named Student, who is under eighteen years of age, and I am fully competent to sign this Agreement. I give permission for Student to participate in the Hill Country Christian School summer camps. I acknowledge that the nature of the Activity may expose Student to hazards or risks that may result in Student's illness, personal injury or death and I understand and appreciate the nature of such hazards and risks. In consideration of Student being permitted to participate in the Activity, I hereby accept all risk to Student's health and of his/her injury or death that may result from such participation and I hereby release Hill Country Christian School, Hill Country Bible Church, its governing board, officers, employees, representatives and volunteers ("Released Parties") from any and all liability to Student, Student's personal representatives, estate, heirs, next of kin, and assigns for any and all claims and causes of action for loss of or damage to Student's property and for any and all illness or injury to Student's person, including his/her death, that may result from or occur during Student's participation in the Activity, whether caused by the negligence of the Released Parties, or otherwise. I further agree to indemnify and hold harmless the Released Parties from liability for the injury or death of any person(s) and damage to property that may result from Student's negligent or intentional act or omission while participating in the described Activity.

