



Midlothian Panther Middle School Strength & Conditioning Camp

Camp Start Date: June 6, 2022

Start Time: 6:30:00 AM

Camp End Date: July 20, 2022

End Time: 8:00:00 AM

Date Details: Camps run Monday-Thursday. No camp July 4th week.

Venue Name: Roesler Athletic Complex at MHS

Venue Address: 923 South Ninth St., Midlothian, TX 76065

Camp Cost: \$150.00

Questions: Corey Anderson corey.anderson@misd.gs

Special Notes:

****All campers must have a sports physical on file dated April 1, 2022 or after to participate**** Middle School Strength & Conditioning Camp for incoming 7th & 8th grade boys & girls takes place throughout the summer. We will improve agility, speed, strength, endurance, and create a winner's mindset. Camp will begin each day in the Roesler Complex Weight room from 6:30-7:15am. There will be a 10min transition for rehydration/replenishment lesson. Camp will finish outside on the practice turf from 7:25-8:00am. Drop Off/Pick Up will be at the Roesler Ticket Gate on the North End of the Complex. Don't waste the first month of school getting in shape. Start the 2022-2023 year in peak condition! GO PANTHERS!

Medical Info:

By registering for this camp, I hereby certify that my child is physically fit to participate in the Midlothian ISD Athletic Summer Camp and I know of no physical impairments which would in any manner limit participation in such a program. I hereby register my child for the camp described and authorize the staff to direct him in participation in camp activities. I authorize the staff to attend to any health problem or injury my child may incur while attending camp. I further acknowledge that the coaches, Midlothian ISD, and anyone associated with the Midlothian Athletic Summer Camps, will not be liable for any damage from injuries or illness sustained during the camp.