Attention all Germantown Male High School Athletes

Don't miss your opportunity to get your body ready for this fall

2011 G'Town Male High School
6 Week Summer Speed and Conditioning Camp

Camp Details

Weeks of: June 13th thru July 21st *(No camp scheduled for Monday July 4th - Will be Reschedule for Tuesday July 5th)*

High School Training Days: Monday and Wednesday with Thursday Chaos Conditioning

Location: Germantown High School Practice Field

Who should attend: Any Germantown Incoming high school male athlete

- **Session 1: Speed & Agility from 7:00-8:00am with strength training 8-9:00am M & W**
- **Session 2 : Speed & Agility from 8:00-9:00am with strength training 9-10:00am M & W**
- **Session 3: Speed & Agility from 9:00-10:00am with strength training 10-11:00am M & W**

(It is highly recommended that incoming Freshman sign up for Session 3)

Thursday HS Boys Chaos Conditioning – 7:00-8:30am for ALL AGES

Cost for Camp : $125/ athlete before **May 31st** $150 after **May 31st**

Please Note: 25% of all camp Registration Fees will be donated to the GHS Athletic Program

No pro-rating of camp cost

Return this portion of the form with Payment to Coach Davis or Coach Branske
Mail to: Germantown High School W180 N11501 River Lane Germantown, WI 53022 - Attention Coach Davis

Please circle and complete each area

Incoming Grade: 9 – 10 – 11 – 12 **Session 1-2-3** **Amount enclosed:** _____

Athletes Name: _____ ____ **Address:** _____

Phone: _____ **City, Zip**_____

Email Address: _____ **T- Shirt Size: sm – m – lg – xl (Circle 1 - all adult sizes)**

Payment: Cash or Check **Please Make Checks Payable to Germantown Football Program**

As a parent or legal guardian of the above student, I hereby waive, release, indemnify and hold harmless Performax Performance Training LLC, all coaches or assigns associated with the Camp in any way from any injury or liability whatsoever which may result from the student athlete participating in the this camp. Further, I hereby affirm that the student is medically able to participate in the camp without limitations.

Signature of Guardian or Parent _____

Please complete one form per Athlete and Please makes checks payable to the organization noted