



# Germantown 2018 High School Female Athlete Summer Speed and Conditioning Camp

## Camp Details

**Camp:** June 4<sup>th</sup> thru July 19<sup>th</sup> \*\*\* Please Note there is No Camp the Week of July 4<sup>th</sup> \*\*\*  
**Total Training Sessions** - 18

**Time:** See Attached Calendar for dates and times

**Coach:** Dave Schmitz

**Location:** Germantown High School (River Lane) Practice Fields

**Who should attend:** Any Incoming Germantown Female high school athlete

**Cost for Camp:** \$140/athlete **before May 29th** (Includes Camp T-Shirt) - \$170/athlete **after May 29th** (Camp Tee-Shirt not guaranteed)

**Please make checks payable to the  
Resistance Band Training Systems**

*No pro-rating of camp cost*

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**Complete and Return this portion of the form to Coach Dave Schmitz or mail to  
Resistance Band Training Systems - W161 N11115 Meadow Dr, Germantown, WI. 53022**

*Please circle and complete each area – **Please Print Clearly***

**Incoming Grade:** 9 – 10 – 11 – 12

Amount enclosed: \_\_\_\_\_

Athletes Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

City, Zip \_\_\_\_\_

Email Address: \_\_\_\_\_

T- Shirt Size: Sm – M – Lg – XL (Circle 1 - all adult sizes)

**Registrations received after May 29<sup>th</sup> will not be guaranteed a camp Tee shirt**

**Payment:** Cash or Check **Please Make All Checks Payable to the Resistance Band Training Systems**

As a parent or legal guardian of the above student, I hereby waive, release, indemnify and hold harmless **Resistance Band Training Systems LLC, G'Town Fast-n-Fit** 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:**

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**Please complete one form per Athlete**

# Girls High School 2018 Summer Training Camp Calendar

*\*\* Please post this sheet for weekly reminder of dates and times \*\**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>June 4th</b> 11- 1:00pm		<b>June 6th</b> 11- 1:00pm	<b>June 7<sup>th</sup></b> 10:30 – 12:00 am	
<b>June 11th</b> 11- 1:00pm		<b>June 13th</b> 11- 1:00pm	<b>June 14th</b> 10:30 – 12:00 am	
<b>June 18th</b> 11- 1:00pm		<b>June 20th</b> 11- 1:00pm	<b>June 21st</b> 10:30 – 12:00 am	
<b>June 25th</b> 11- 1:00pm		<b>June 27th</b> 11- 1:00pm	<b>June 28th</b> 10:30 – 12:00 am	
<b>July 2</b>	<b>July 4</b> OFF WEEK		<b>July 5</b>	
<b>July 9th</b> 11- 1:00pm		<b>July 11<sup>th</sup></b> 11- 1:00pm	<b>July 12th</b> 10:30 – 12:00 am	
<b>July 16<sup>th</sup></b> 11 - 1:00pm		<b>July 18<sup>th</sup></b> 11- 1:00pm	<b>July 19<sup>th</sup></b> 10:30 – 12:00 am	