

Patriot Athletic Performance Camp

WHEN?

June 7-July 29 on Mondays, Tuesdays, & Thursdays

(Off on July 5, 6, & 8 for dead week)

Session 1: 7:00 AM-8:45 AM

Session 2: 9:00 AM-10:45 AM

WHAT?

A 7 week camp led by Coach Kyle Whitcher (Certified Strength and Conditioning Specialist (NSCA) and Level 1 Sports Performance Coach (USAW)) designed to reduce the risk of injuries in sport, increase athletic performance, and team building. Each session will focus on character development, movement enhancement (acceleration, speed, lateral), strength training, stretching and core training.

WHERE TO REGISTER & PAY?

- Register by turning this form ([form on back](#)) & payment (cash or check made payable to Parkway South High School) into the South High Bookstore.
- Register & pay online at <https://bit.ly/3jfdgPt> or



WHO?

Any incoming 9th-12th grader who will or is attending South High in 2021-2022.

WHERE?

Parkway South

Weight Room

*If a participant gets COVID or quarantined, an at home workout option will be provided

COST?

-Early Bird Summer Plan (Sign up & pay by May 10th)-\$125

-After May 10th-\$150

*Both Summer Plans include a t-shirt

Email Coach Houchins jhouchins@parkwayschools.net for weekly pricing & scholarship info

COACHES

Lead Trainer:

- Coach Kyle Whitcher

Assistant Trainers:

- Coach John Barnabee
- Coach Dani Whitcher
- Coach Jeremy Houchins



Performance Camp Form

Athlete's Name: _____

Athlete's Email: _____

Athlete's Grade in Fall of 2021 (circle one): 9th 10th 11th 12th

Athlete's T-shirt Size (adult size) (circle one): Small Medium Large XL XXL XXXL

Sport(s) Playing at Parkway South: _____

List any Health Concerns: _____

Check one: Session 1 (7:00 AM-8:45 AM) _____ Session 2 (9:00 AM-10:45 AM) _____

Guardian Name: _____ Guardian Phone Number: _____

Guardian Email: _____

Emergency Contact Name: _____

Emergency Contact Phone Number: _____

FOR OFFICE USE ONLY: Payment type? (Circle one) Check Cash Online

Covid Statement: PLEASE READ AND ACKNOWLEDGE: We as a Patriot Athletic Performance staff will do our best to sanitize and protect your athletes from the spread of COVID-19. However, the best way to keep everyone healthy and COVID-Free is through preventative measures and limiting exposure. Please, if your son or daughter is exposed to COVID in any way, KEEP THEM HOME UNTIL TESTED OR YOU HAVE QUARANTINED FOR THE APPROPRIATE TIME PERIOD. Directly exposing a large group to COVID will cause us to shut down for a lengthy period and many kids will lose the opportunity to improve their athleticism this summer.

Signature: _____ Date: _____

Parent Release and Indemnity Agreement: I hereby request that you accept the application for enrollment of my son/daughter in the 2021 Patriot Athletic Performance Camp during the dates set forth in this application and in consideration of your acceptance of the application, I hereby release the Patriot Athletic Performance Coaching Staff from all claims on account of injuries which may be sustained by my son/daughter while attending this camp. This program is athletic training in nature and non-contact by definition. However, it is impossible to avoid all injuries of an athletic nature. Therefore, you as guardian are being notified of the fact that the possibility of injury does exist. Be assured that the Patriot Athletic Performance Staff will take all necessary precautions to reduce the risk to the athletes.

Signature: _____ Date: _____