

## **Program Goals**

1. Put all athletes in position physically and mentally to be successful on their particular field of play.
2. To instill the self-discipline needed to have continued success physically and mentally after the completion of this program.
3. Give all the athletic programs at Austin High School a foundation to be the best not only Fort Bend but in Texas!



# **Questions?**

**Please feel free to contact  
me at any of the numbers  
below.**

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# **AHS**

## **Summer Strength and Conditioning Program**

*What are you willing  
to do to get where  
you want to go?*

**BULLDOG  
POWER  
Summer  
2019**

# Program Information

Our program will be open to boys and girls who will be in grades 7-12 during the 2019-2020 school year at Austin High School. Note that all **7th and 8th** grade students **ZONED TO AHS** will be allowed to participate in the summer program. **These athletes will only be able to sign up for the 10am to 12pm session.** All students who wish to be in optimal physical condition and enhance their playing performance in any sport should attend this program. Each athlete will receive instruction in weight lifting, speed development, flexibility, plyometrics, coordination, goal setting, self-discipline and nutrition.

## Program Times, Dates and Cost

**Week 1 : June 3-6**

**Week 2 : June 10-13**

**Week 3 : June 17-20**

**Week 4 : June 24-27**

**Week 5 : July 8,11,12**

**Week 6 : July 15-18**

**Week 7 : July 24,25,26**

**Week 8 : July 29– Aug 1**

**COST: (CASH ONLY)**

**Early Registration: April 29– May 24th \$110**

**Late Registration: June 3rd \$125**

**\* May 8th Travis High School will be hosting spring Physicals from 2:30– 6:00. Cost is \$20. All athletes in the summer program must have a physical on file!!!**

## Requirements

- 1) Must be enrolled at Austin High School for the 2019– 2020 school year ; or a 7th, 8th grade student zoned to AHS ,
- 2) Must have a physical and emergency contact form on file at Austin HS (Athletes from Garcia or Sartartia must get their physical forms from school and bring them to Austin HS). **You cannot sign up for program without these forms.**
- 3) Have enrollment form and money turned in on Monday April 24 **starting at 7 AM** to Coach Schreiber **“In the field house”** in order to reserve your spot.
- 4) Proper work out attire: Comfortable shirt, shorts and running shoes.
- 5) **Payments made in person must be CASH**
- 6) **Pay Online <https://fortbendisd.revtrak.net/FBISD-Schools-1082/High-School/AHS/AHS-Speed-Strength-Camp/#/list>**
- 7) All athletes are **required** to bring a water bottle.
- 8) Athletes **WILL** have the option to enroll in the program as long as there are openings in a session but there **WILL NOT** be any prorated fees for days missed. After you sign up there are **NO** refunds.

## Other Important Information

By signing, parent agrees to all terms and conditions included in the Physical/Athletic Participation Form and agrees to waive all liability of Fort Bend ISD and its employees who are staffing the program. Parent also agrees that program staff may dismiss any participant who they deem disruptive and no refund will be due for missed participation.

Name of Athlete (Please Print)

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

## Registration Form

Sign up for: Price

I: 7:30 AM – 9:30 AM 110.00

II: 10 AM—12 PM 110.00

Subtotal: \_\_\_\_\_

Total: \_\_\_\_\_

Parent's name: \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

## IMPORTANT ATHLETE INFORMATION

Age: \_\_\_\_\_ Weight: \_\_\_\_\_

Gender: \_\_\_\_\_ Height: \_\_\_\_\_

Have you participated in the program before?  
Circle Yes or No

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