SUMMER CONDITIONING PROGRAM

This summer Hebron High School is again offering a weightlifting and conditioning class for incoming 7th through 12th grade female athletes. This will run from June 10th through July 25th (taking the week of July 4th off), Monday through Thursday from 9:30am-11:00 a.m. The athletes will check in the first day at the Field House.

The camp will be taught by Hebron High School Staff and involve various forms of physical activity including, but not limited to: running (distance and sprints), fast feet/ladders, weight stations, jumping/plyometrics, bleachers, core & abdominal activities.

Cost: $60

Make checks payable to LISD and mail them to:
Hebron High School – Attention Karin Keeney
4207 Plano Pkwy
Carrollton, TX. 75010

Pre-Payments are DUE by June 4th. **WALK-UPS will be accepted**.

REGISTRATION FORM
Athlete Name:_____
Circle Grade Level as of August, 2019: 7th 8th 9th 10th 11th 12th
Circle Week(s) Attending: June 10-13 June 17-20 June 24-27
July 8-11 July 15-18 July 22-25
Payment Amount: _____
Parent's Name:_____
Address:_____
Cell Phone #:_____ Email:_____
I release the LISD Coach from all responsibility in case of an accident or injury.
Parent signature:_____
All questions should be directed to: Karin Keeney at keeneyk@lisd.net

Check#_____