

## **FARIBAULT FALCON**

### **Strength & Speed TRAINING CAMP**

*Become stronger and faster this summer with hard work and dedication! Join your teammates to become better athletes by participating in the "Falcon Strength and speed Camp 2012"*

*This program will include four days of strength training and four days of speed, agility and core workouts.*

*Learn the proper technique of lifting and running. Core lifts will include Bench, Power Cleans, Dead Lift and Squats.*

*Core, speed and agility days will include ladders, plyos, rope jump, acceleration hurdles, insanity and much more.*

*With the assistance of educated and dedicated staff...*

*...You can be the difference maker and help your team achieve their goals!*



## **Camp Registration**

To register for the Faribault Falcon Strength and Speed Camp...

Complete and Sign the Camp Registration, Release and Liability Form.

Send to:

Jesse Armbruster  
1411 Sunbird Lane  
Faribault, MN 55021

Include payment of \$50

Make check payable to Faribault SS Camp

Once both Camp Registration, Release and Liability Form as well as payment have been received, we will mail your confirmation letter.

### **Questions**

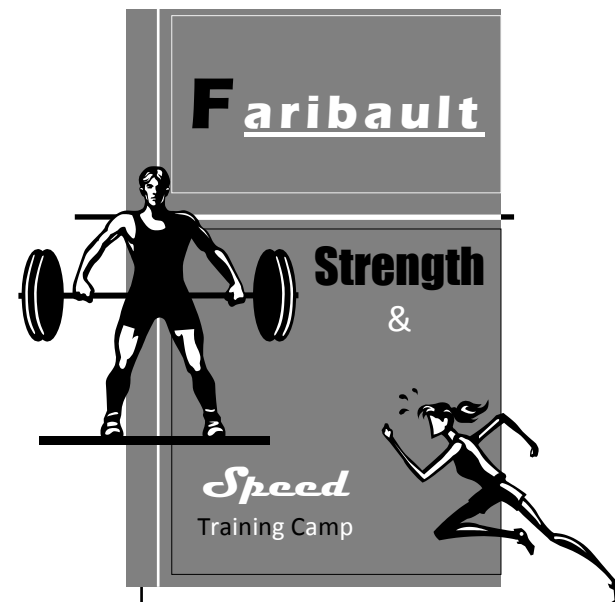
Please Contact:

**Head Strength & Speed Coach:**

**John Frank  
507-676-1747**

**Camp Director:**

**Jesse Armbruster  
507-202-0645**



*The will to win,  
the desire to succeed,  
the incredible urge  
to reach your full  
potential...  
these are the keys  
that will unlock  
the door to  
personal excellence.*

*~Confucius*

# Faribault Strength and Speed Camp 2012



Registration & Release of Liability Form: Please Read and Sign Before Participating in Falcon S & S Camp

PARTICIPANT'S NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

GRADE: \_\_\_\_\_ Preferred Session: Please circle the session you most likely will attend. **S-I** **S-II** **S-III**

ATHLETICS INVOLVED: \_\_\_\_\_

IN CONSIDERATION of being permitted to participate in any way in the sport and activities of FALCON STRENGTH AND SPEED CAMP, I acknowledge, appreciate, and agree that:

1. The risk of injury from the activity and equipment of FARIBAULT HIGH SCHOOL is significant, and while particular protective equipment and personal discipline will minimize this risk, the risk of serious injury does exist;
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN ARISING FROM THE NEGLIGENCE of those persons released from liability below, and assume full responsibility for my participation; and,
3. I understand that the activities of FARIBAULT HIGH SCHOOL are physically and mentally intense. I understand the rules of play and will comply with all the rules and regulations. If I observe any unusual or unnecessary hazard during my participation, I will bring such to the attention of the nearest official as soon as practical; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS FARIBAULT HIGH SCHOOL, THE OWNERS AND LESSORS OF PREMISES USED TO CONDUCT THE ACTIVITIES, THEIR OFFICERS, OFFICIALS, AGENTS, AND/OR EMPLOYEES ("RELEASEES"). WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH or loss or damage to person or property, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, except that which is the result of gross negligence and /or wanton misconduct.
5. I understand and agree that this Release of Liability Agreement covers each and every FARIBAULT HIGH SCHOOL activity and event in which I participate hereafter.
6. I understand and agree that this Release of Liability Agreement replaces my Insurance Policy, to which I take full medical responsibility in the event of injury caused by sport and activity of FARIBAULT HIGH SCHOOL and hereby release and hold harmless FARIBAULT HIGH SCHOOL.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

\_\_\_\_\_  
PARTICIPANT'S SIGNATURE

\_\_\_\_\_  
DATE SIGNED

\_\_\_\_\_  
CELL PHONE NUMBER

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant do consent and agree not only to his/her release of FARIBAULT HIGH SCHOOL, and all other releases but also to release and indemnify the Releases from any and all liabilities incident to his/her involvement in these programs for myself, my heirs, assigns, and next of kin.

\_\_\_\_\_  
PARENT/GUARDIAN'S SIGNATURE

\_\_\_\_\_  
DATE SIGNED

\_\_\_\_\_  
EMERGENCY PHONE NUMBER

\_\_\_\_\_  
EMAIL ADDRESS

## Camp Specifics

Begins: Monday, June 4th

Ends: Friday, August 17th

Cost: \$50 (Scholarship available upon request)

Location: Faribault High School

This camp is open to all athletes in grades 8-12.

### Session I

S-I is designed for athletes who participate in Football, Volleyball, Wrestling, Baseball, Fastpitch, Basketball, Gymnastics, Hockey and Track.

Session Days: Monday, Tuesday, Thursday & Friday

Session Times: 7:00am-9:00am

Session Focus: Sport Specific Core & Strength Training

### Session II

S-II is designed for athletes who participate in Cross Country, Swimming, Tennis, Golf, Soccer and Dance.

Session Days: Monday, Tuesday, Thursday & Friday

Session Times: 9:00am-11:00am

Session Focus: Sport Specific Core & Strength Training

### Session III

S-III was created for athletes who have summer school classes in the morning. Regardless of athletic participation, we will meet your needs during this session.

Session Days: Monday, Tuesday, Thursday & Friday

Session Times: 12:00pm-2:00pm

Session Focus: Sport Specific Core & Strength Training

**CHAMPIONS ARE BUILT IN THE OFF-SEASON!!!**