



Camp Registration

Send completed registration form and payment to:

Jesse Armbruster

507-202-0645

1411 Sunbird Lane

Faribault, MN 55021



- ***Become stronger and faster this summer with hard work and dedication!***
- ***This program will include four days of strength, speed, agility and core workouts.***
- ***Learn the proper technique of lifting and running.***
- ***Core lifts will include Bench, Power Cleans, Dead Lift and Squats.***
- ***Speed and agility days will include agility ladders, resistance bands, Insanity, Cross-fit and much more.***

Questions

Strength & Speed Coaches

Johnny Frank

507-676-1747

Eric Hildebrandt

507-412-9119

Charlie Lechtenberg

507-210-1074

FALCONS **Strength & Speed** **Camp**



*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.*

FARIBAULT STRENGTH AND SPEED CAMP 2013

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: Thursday, June 6th

Ends: Friday, August 9th

Cost: \$50 (7-8th grade)

\$75 (9-12th grade)

\$100 (Family package 2 or more participants)

Make checks payable to: Strength & Speed Camp

(Scholarship available upon request)

Location: Faribault High School

This camp is open to all athletes in grades 7-12.

Session I

Session Days: Monday, Tuesday, Thursday & Friday

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

Session Focus: Sport Specific Core & Strength Training

Session II

Session Days: Monday, Tuesday, Thursday & Friday

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

Session Focus: Sport Specific Core & Strength Training

Session III

Session Days: Monday, Tuesday, Thursday
(NO FRIDAYS)

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

Session Focus: Sport Specific Core & Strength Training

CHAMPIONS ARE BUILT IN THE OFF-SEASON!!!