

## **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 B.F. Terry High School a foundation to be the best not only LCISD but in Texas!



# **Questions?**

**Please feel free to contact us at any of the following numbers or email addresses you find below:**

Phone: 832-223-3567  
Phone: 832-223-3573  
Email: [sthiebaud@lcisd.org](mailto:sthiebaud@lcisd.org)  
Email: [rlazarou@lcisd.org](mailto:rlazarou@lcisd.org)



## **Summer Strength and Conditioning Program**

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

**RANGER  
PRIDE  
Summer  
2011**

# Program Information

Our program will be open to boys and girls who will be in grades 7-12 during the 2011-20012 school year at George Junior High or Terry HS. 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

The Program will run Monday through Thursday from **June 13th** until **July 21st**. We **WILL NOT** work out on Monday, July 4th.

### COST:

**Registration: May 4th- until program is full: \$30**

Session Times (Pick One):

I: 8 AM – 10AM

II: 5 PM - 7 PM

Athletes **WILL** have the option to enroll in this 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.

## Requirements

- 1) Must be enrolled at Georg Junior High or B.F. Terry HS for the 2011-20012 school year.
- 2) Must have a physical and emergency contact form on file at B.F. Terry High school (Athletes from George Junior High must get their physical forms from school and bring them to B.F. Terry High School). **You can-not sign up for program without these forms.**
- 3) We will start taking enrollment forms and money as soon as possible, All money will be turned into **Coach Thiebaut** in order to reserve your spot. Enrollment in this program is based on first come first serve. When it is full you will be placed on a waiting list and will not be able to participate unless someone else drops out.
- 4) Proper work out attire: Comfortable shirt, shorts (**girls shorts must be 3 inches from the knee at all times**) and running shoes. **Anyone not in LCISD dress code will be sent home.**
- 5) Payments must be made in **CASH, CHECK** or by **MONEY ORDER (make check or money order out to Activity Fund #14)**.
- 6) All athletes are **required** to bring a water bottle.

## 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 LCISD 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) \_\_\_\_\_

Name of Parent (Please Print) \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Athlete's Signature \_\_\_\_\_

## Registration Form

Sign up for:	Price
<input type="checkbox"/> I: 8 AM – 10 AM	30.00
<input type="checkbox"/> II: 5 PM – 7 PM	30.00

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

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

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

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Method of Payment:

Cash

Money Order

## IMPORTANT ATHLETE INFORMATION

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

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

Have you participated in the Summer Program before? Circle Yes or No

**B.F. Terry High School**  
**5500 Avenue N**  
**Rosenberg TX 77471**

**Phone: 832-223-3567**

**Phone: 832-223-3573**

**Email: sthiebaud@lcisd.org**

**Email: rlazarou@lcisd.org**