



Sherwood Youth Football Speed and Conditioning Camp

Presented by Franco Athletic and Sports Training

Fall season is around the corner and ***NOW*** is the time to get in the best physical condition possible for next season!

Learn and develop the skills and conditioning needed to play at your highest level. Overall athleticism will be learned through a variety of linear and lateral movement skill techniques

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|--------|---|
| Who: | 3 rd – 8 th Graders |
| When: | August 3 rd – 6 th , 2009 |
| Where: | Sherwood High School Football Field |
| Time: | 6:00pm – 7:00pm |
| Cost: | \$80 (paid by July 31st) |

(Registration will be accepted the day of the camp with an additional \$10 fee per athlete)

*****Cash/Check is an acceptable payment option*****

****Please make checks payable to Franco Athletic and Sports Training****

Please send all payments to the address below or stop by the gym and register your athlete

Gym Address

21900 SW Alexander Lane Suite E
Sherwood, OR 97140

Mailing Address

Franco Athletic and Sports Training
16004 SW Tualatin/Sherwood Rd. #186
Sherwood, OR 97140

For questions and inquiries regarding the camp please contact Jordan Franco at Portland Oregon Weightlifting/Franco Athletic and Sports Training. ***Call and schedule today!***

(503) 625-2600

jfranco@francosportstraining.com

REGISTRATION INFORMATION

This form must be turned in PRIOR
to participation in the camp.

Player

Name: _____

Age: _____

Grade in the Fall: _____

Address: _____

Father/Guardian

Name: _____

Address if Different: _____

Home Phone: _____ Cell Phone: _____

Mother/Guardian

Name: _____

Address if Different: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact Person

Name: _____

Home Phone: _____ Cell Phone: _____

Waiver and Release. People regularly suffer injuries while participating in athletic activities even if the greatest care is exercised. Accordingly, clients may injure themselves while attending or using our facility or participating in any of our activities or programs. Clients, therefore, assume all risk of personal injury, death, property loss, or other damages that may relate to attending or using our facility or participating in any of our programs or activities at on-site or at off-site locations. By assuming those risks, you waive and release all claims you may have or may want to assert against us, our affiliates, owners, officers, directors, managers, employees, agents, and representatives (of "FAST") for any such personal injuries, death, property loss, or other damages connected to or arising out of any of the aforesaid risks. You release Franco Athletic and Sports Training from all claims, damages, demands, rights of action, causes of action, and liabilities, present or future, known or unknown, anticipated or unanticipated, resulting from or arising out of the client's attendance at or use of our facility or their participation in any of our activities or programs (on-site or off-site programs), including, without limitation, those arising from our negligence or that of any other member Franco Athletic and Sports Training from all liability relating to loss, theft, or damage to personal property - including, without limitation, automobiles and lock contents.

Parent or Guardian's Signature: _____

Date: _____

Please return or mail this form with payment to one of the following addresses:

Facility Address (If not mailing forms/payment):

Portland Oregon Weightlifting/Franco Athletic and Sports Training
21900 SW Alexander Lane Suite E Sherwood, OR 97140

Mailing Address:

Franco Athletic and Sports Training
16004 SW Tualatin-Sherwood Rd. #186 Sherwood, OR 97140