

# BLUE RAIDER "SUMMER DEDICATION"

## Strength & Conditioning

Open For All Athletes Entering Grades 7-12

Print Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Parent Cell Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

School attended in 2017-18: \_\_\_\_\_ Grade in 2017-18: \_\_\_\_\_

**TIME:** 9:30 AM-11:30 AM

**LOCATION:** E. Don Brown Activity Center, L.D. Bell HS

***MONDAY - THURSDAY***

***JUNE 5-8, 19-22 & 26-29***

***JULY 10-13, 17-20, 24-27***

One hour each day will be designated for weight training, flexibility and recovery and one hour will emphasize speed, endurance and agility. Two days each week will emphasize upper-body strength and two days each week will emphasize lower-body strength. This program is set up to enhance performance in all sports by increasing strength, power, flexibility, speed and agility.

**COST: \$75** (Payment plan available through Coach Glaze)

Make checks payable to: **Mike Glaze**

Mail to: **L.D. Bell HS Football, 1601 Brown Trail, Hurst, TX 76054**

Questions please contact Coach Glaze at (817) 399-3238 or [mikeglaze@hebisd.edu](mailto:mikeglaze@hebisd.edu)

I, \_\_\_\_\_, have enrolled in a program of strenuous physical activity including, but not limited to resistance training, energy development, agility, speed, and plyometric training. I hereby confirm that I am in good physical condition and do not suffer from any disability, which would prevent or limit my participation.

I, \_\_\_\_\_, hereby release and agree indemnify to the extent permitted by law, the Coaches of L.D. Bell, from any and all claims, demands and or causes for action arising from any participation in the program. I understand that injuries may occur as a result of my participation in the program and hereby waive any and all claims against the L.D. Bell coaching staff from any and all liability, now and in future training.

\_\_\_\_\_  
Athlete Signature                      Date \_\_\_\_\_

\_\_\_\_\_  
Parent Signature                      Date \_\_\_\_\_