Packer Power Camp is designed to help the student-athlete train in preparation for their upcoming sport season. All male and female student-athletes going into grades 6-12 are encouraged to register!

Registration opens Monday, March 25th

**Grades 9 – 12 Camp**
90 minute sessions will aim to maximize athletic performance. 60 minutes will be spent in the weight room on fundamental strength & power training and 30 minutes will be spent working on speed, agility, and plyometric training. Instruction in proper body mechanics and technique will not only enhance performance, but decrease the risk of sport-related injury.

**Dates:** June 10 – August 9, 2018 (skip week of July 1st; final testing day on Friday, August 9th)
**Days:** Monday, Tuesday, Wednesday, Thursday
**Times:**
- Session 1 - 6:30 am – 8:00 am (9 – 12 boys & girls)
- Session 2 - 8:00 am – 9:30 am (9 – 12 Boys & girls)
- Session 4 – 10:30 am – 12:00 (9 – 12 boys & girls)

Location: West Fargo High School Weight Room
Cost: $150

**Grades 6 – 8 Camp**
60-minute sessions will aim to maximize athletic performance. 30 minutes will be spent in the weight room learning fundamental strength & power movements through developmentally appropriate progressions. 30 minutes will be spent working on speed, agility, plyometrics, and plenty of games. Instruction in proper body mechanics and technique will be heavily emphasized to enhance performance, decrease the risk of sport-related injury, and develop a love of exercise.

**Dates:** June 10 – August 9, 2018 (skip week of July 1st; final testing day on Friday, August 9th)
**Days:** Monday, Tuesday, Wednesday, Thursday
**Times:** Session 3 - 9:30 – 10:30 am

Location: West Fargo High School Weight Room
Cost: $110

Follow us for updates, pictures, & videos!

**Instagram:** WFPackerPower
**Facebook:** Packer Strength & Conditioning
Fill out the form below and send to:

Packer Power at WFHS 801 9th St E. West Fargo ND 58078

Please indicate a 1 with your first choice, and a 2 with your second choice. If a session fills up, we will choose based off of the first responders.

_____ Session 1 6:30 am - 8:00 am - Grade 9 - 12 boys & girls
_____ Session 2 8:00 - 9:30 am - Grade 9 - 12 boys & girls
_____ MS Session 3 9:30 - 10:30 am - Grade 6 - 8 boys & girls
_____ Session 4 10:30 - 12:00 - Grade 9 - 12 boys & girls

Student’s Name______________________________________ Cell #______________ Grade Fall 2019________
Sport(s): __________________________________________________________Male ________ Female ________
Address: ______________________________________________________City: __________ State ________ Zip: _______
Parent’s Name _________________________Daytime contact # ___________________ Cell # ________________
Parent Email ___________________________________________________________ Adult T-Shirt Size: S M L XL

Do you have any of the following:
_____ Asthma ______ Do you have an inhaler?
_____ Diabetes
_____ Anemia (Iron deficiency)
_____ Osgood Schlatters (knee pain)
_____ Bee Sting Allergies
_____ Ankle or Knee Pain/Injury
_____ Back Pain/Injury
_____ Heart Condition
_____ Seizures
_____ Tendonitis, if so where? __________________

Any other medication information you feel we should know:
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

Please Make Checks Payable to: Packer Strength
ATHLETE ACKNOWLEDGEMENT OF RISK AND WARNING

I, (Athlete Name) _________________________ hereby acknowledge that I have been properly advised, cautioned, and warned by the proper administration and coaching personnel of the West Fargo Public School District that by participating in the activity of the 2019 Packer Power Sports Performance Summer Camp, I am exposing myself to the risk of serious injury, but not limited to, the risk of heat stroke and heat related injuries, sprains, fractures, and ligament and/or cartilage damage which could result in a temporary or permanent, partial or complete, impairment in the use of my limbs; brain damage; paralysis; or even death. Having been so cautioned and warned, it is still my desire to participate in the above activity, and should I choose to participate in the above activity, I hereby further acknowledge that I do so with full knowledge and understanding of the risk of serious injury to which I am exposing myself by participating in the above activity.

______________________________________
PRINT FIRST AND LAST NAME

______________________________________ ___________________
SIGNATURE OF ATHLETE DATE

PARENTAL ACKNOWLEDGEMENT OF RISK AND WARNING

We, I, the parent(s) of (Athlete Name)____________________________ do hereby acknowledge that we/I have been fully advised, cautioned, and warned by the proper administrative and coaching personnel of West Fargo Public School District that our/my child named above may suffer serious injury including, but not limited to, heat stroke and heat related injuries, sprains, fractures, brain damage, paralysis, or even death by participating in the activity of the 2019 Packer Power Sports Performance Summer Camp. Notwithstanding such warnings, and full knowledge understanding the risk or serious injury to our/my child named above which may result, we/I give our/my consent to (Athlete Name) _________________________ participating in the activity of the 2019 Packer Power Sports Performance Camp.

______________________________________ ___________________
SIGNATURE OF PARENT/GUARDIAN DATE

I hereby state that my child is covered by health insurance, and I understand that there are physical risks involved. My child is physically fit and able to fully participate in a rigorous strength and conditioning program. I will not hold Brandon Larson, his coaching staff, or West Fargo High School responsible for any accidents.

Parent or Guardian Signature___________________________ Date_________________

Please Make Checks Payable to: Packer Strength