



Fox Chapel Area School District 2018 Strength and Conditioning Camp



Fox Chapel's strength and conditioning staff is offering a developmental camp for all rising 4th through 8th graders. Instruction will concentrate on functional movement patterns, injury prevention, speed, and agility training. Athletes will use body weight or developmentally appropriate resistance during training sessions.

Where: Fox Chapel High School Field House

Who: All boys and girls entering grades 4th-8th grades in the Fall of 2018 (space limited, first come first serve)

When:

Entering 4 th and 5 th Grade	Entering 6 th , 7 th and 8 th Grade
Session 1: 6/18/18-7/5/18 T/TH 9:00 – 10:00 AM	Session 1: 6/18/18-7/5/18 M/W 9:00 – 10:00 AM (no workout July 4 th)
Session 2: 7/9/18-7/26/18 T/TH 9:00 – 10:00 AM	Session 2: 7/9/18-7/26/18 M/W 9:00 – 10:00 AM

Cost: \$60 (\$110) for both sessions.

Features:

- Camp T-Shirt
- Age appropriate instruction with a focus on fundamentals
- Safe and structured learning environment
- Fun games and competitions
- Personal instruction from certified strength coaches and varsity athletes
- Please contact Brandon Peifer at Brandon.Peifer@fcasd.edu for more information

Online Registration Link: <https://goo.gl/forms/XS0qBrtJSjvx8xRn1>

Camper Name: _____ **Grade (Fall 2018)** _____

Session (circle selection): **1 2 BOTH** **Address:** _____

School: _____ **Phone:** _____

Parent Email: _____

Emergency Contact: NAME _____ **(Phone)** _____

I hereby approve of my child's attendance and participation in the Fox Chapel Area Strength and Conditioning Camp. I certify that he/she is in good health and able to participate in all activities. I hereby waive and forever release the Fox Chapel Area School District and the clinic staff from all liability for any injuries or illnesses that may occur. Please attach a note explaining any physical limitations or medical conditions.

Parent/Guardian Signature: _____

T-Shirt Size (Circle ONE) Youth: S M L Adult: S M L XL XXL

Please complete and mail the bottom portion of this sheet along with cash/check made payable to: Fox Chapel Athletics 611 Field Club Road Pittsburgh, PA 15238

