

**BORGER ELITE STRENGTH AND
CONDITIONING CAMP**

PLEASE FILL OUT THE INFORMATION BELOW AND CHECK THE SESSION YOU WILL BE ATTENDING. WE WOULD LIKE TO KEEP THE FIRST TWO SESSIONS MAINLY FOR HIGH SCHOOL ATHLETES AND HAVE THE LAST SESSION FOR THE MIDDLE SCHOOL ATHLETES. THE LAST SESSION WILL BE A DEVELOPMENTAL SESSION FOCUSING ON PROPER TECHNIQUE AND FORM

ATHLETE NAME: _____

2023 GRADE: _____ **DOB** _____

SHIRT SIZE: _____

ADDRESS: _____

DAYTIME PHONE # _____

"I WILL BE ATTENDING THE FOLLOWING SESSION"

1	6:30 a.m. - 8:00 a.m.	DETATCH THIS SECTION AND RETURN WITH \$50
2	8:30 a.m. - 10:00 a.m.	
3	10:00 a.m - 11:30 a.m (RESERVED FOR MIDDLE SCHOOL)	

*NOTE IF SESSION DOES NOT HAVE ENOUGH ATHLETES, THE SESSION CAN BE CANCELED ALSO, IT IS NOT MANDATORY FOR MIDDLE SCHOOL ATHLETES TO ATTEND THE 3RD SESSION

Assumption of Risk and Release of Liability

I, as a parent or guardian of the named camper, hereby grant permission for my son/daughter to participate in the Borger Bulldog Strength and Conditioning Camp. I acknowledge the fact that my child is physically able to participate in all camp activities. I hereby release the camp and its employees, Borger ISD, its Board of Trustees, administration and employees, from all claims from injuries or illness that may be sustained by our child. I authorize the director of his designee to select hospital facilities and/or the physician of his/her choice and authorize treatment of the named child on an emergency basis in the event that such treatment becomes necessary during the football camp.

Childs Name: _____
(Please print full name)

PARENT/GUARDIAN

Signature: _____

Date : _____

***2023 BORGER
BULLDOG ELITE
STRENGTH AND
CONDITIONING CAMP***

DEAR BULLDOG,
ON BEHALF OF THE ENTIRE BULLDOG COACHING STAFF, WE WOULD LIKE TO INVITE YOU TO THE 2023 BULLDOG STRENGTH AND CONDITIONING CAMP. WE ARE LOOKING FORWARD TO THE OPPORTUNITY TO WORK WITH YOU AND SHARE SOME IDEAS ABOUT GETTING STRONGER AND FASTER THE BULLDOG WAY! OUR ATTENTION WILL BE FOCUSED ON MAKING ATHLETES STRONGER, FASTER, MORE EXPLOSIVE, AND MORE AGILE. WE WILL HELP TO MAXIMIZE EVERY ATHLETE'S POTENTIAL. OUR CAMP WILL RUN FROM MAY 30TH - JULY 13TH. OUR CAMP WILL BE RUN 100% BY BULLDOG COACHES WITH YOUR BEST INTERESTS AT HEART. WE LOOK FORWARD TO SEEING YOU AT CAMP!

SINCERELY,
BULLDOG COACHING STAFF

WHAT WILL I DO AT CAMP?

2023 CAMP INFORMATION

WE WILL BREAK EACH DAY INTO TWO SECTIONS. AN INSIDE SECTION THAT WILL TAKE PLACE IN THE WEIGHT ROOM AND AN OUTSIDE SECTION THAT WILL TAKE PLACE ON THE BORGER FOOTBALL FIELD. WE WILL SPEND ABOUT 50 MIN. IN THE WEIGHT ROOM AND ABOUT 30 MIN. OUTSIDE EACH DAY

WEIGHT ROOM:

POWER

BENCH
SQUAT
INCLINE
DEADLIFT
FRONT SQUAT

EXPLOSION

HANG CLEAN
JUMP SQUAT
SPLIT JERK
HANG SNATCH
MACHINES

OUTSIDE:

SPEED

40'S
20'S
FLYING 40'S
FLYING 20'S
BUILD UPS
BUNGEEES
SLEDS
HARNESSES

AGILITY

"L" DRILL
STAR DRILL
4 CORNER CONES
LADDERS
HURDLES
PRO TOUCH
NEBRASKA
ZIG ZAG

PLYOMETRIC

BOXES
BLEACHERS
FLAT FLOOR

CORE

AB-CIRCUIT
MED BALL ABS
MED BALL TOSS
PLANKS
CROSS
ZEN SQUARES

MONDAYS / WEDNESDAYS

POWER
SPEED
AGILITY

TUESDAYS / THURSDAYS

EXPLOSION
PLYOMETRIC
CORE

WHO: MALE AND FEMALE

ALL INCOMING 7TH GRADERS - 12TH GRADERS

WHERE: BORGER HIGH SCHOOL WEIGHT ROOM / FOOTBALL FIELD

WHEN: MONDAY - THURSDAY
MAY 30TH - JULY 13TH

HOW MUCH: WE WILL CHARGE \$50 FOR THE ENTIRE SUMMER.
MAKE CHECKS PAYABLE TO:
BORGER ISD

CONTACT INFORMATION

COACH HAMRICK - AD/HEAD FOOTBALL COACH
dane.hamrick@borgerisd.net
806-206-2924

COACH DICKINSON - STRENGTH AND CONDITIONING COACH
