	BORGI	ER ELIT	E STR	ENGTH	AND									
	C	ONDIT	ONING	САМР										
		ONDIII	OHINE	OAMI										
PI FASE FI	LL OUT THE	INFORMAT	ION BELOV	V AND CHE	CK THE SE	SSION YOU								
		WE WOULD												
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ATHLETE I									ZUZ	3 <i>BC</i>	KG	CK		
2023 GRAD	DE:			DOB				R	TITI	חח	C FI	JTE		
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SHIRT SIZE	Ē:									13 T.	TITT	1377		
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DAYTIME F	PHONE #							$\cup UI$	וועו	IUIV			VII	
"I WLL BE /	ATTENDING	THE FOLL	DWING SES	SION"										
	1	6:30 a.m	8:00 a.m.											
				DETATCH '	THIS SECT	ION AND								
	2	8:30 a.m	10:00 a.m.	RETURN W	/ITH \$50			DEAR BULLI						
								ON BEHALF	OF THE ENT	TRE BULLDO	G COACHIN	G STAFF, WI		
	3			(RESERVED I		·	١	WOULD LIKE	TO INVITE	YOU TO THE	2023 BULLE	OG STRENG	STH	
*NOTE IF SESSION DOES NOT HAVE ENOUGH ATHLETES, THE SESSION CAN BE CANCELED								AND CONDITIONING CAMP. WE ARE LOOKING FORWARD TO						
ALSO, IT IS <u>NOT</u> MANDATORY FOR MIDDLE SCHOOL ATHLETES TO ATTEND THE 3RD SESSION								THE OPPORTUNITY TO WORK WITH YOU AND SHARE SOME IDEAS						
Assumption of Risk and Release of Liability							,	ABOUT GETTING STRONGER AND FASTER THE BULLDOG WAY!						
I, as a parent or guardian of the named camper, hereby grant permission for my son/daughter								OUR ATTENTION WILL BE FOCUSED ON MAKING ATHLETES						
to participate in the Borger Bulldog Strength and Conditioning Camp. I acknowledge the fact								STRONGER, FASTER, MORE EXPLOSIVE, AND MORE AGILE.						
that my child is physically able to participate in all camp activities. I hereby release the camp								WE WILL HELP TO MAXIMIZE EVERY ATHLETE'S POTENTIAL. OUR						
and its employees, Borger ISD, its Board of Trustees, administration and employees, from all								CAMP WILL RUN FROM MAY 30TH - JULY 13TH. OUR CAMP WILL BE						
claims from injuries or illness that may be sustained by our child. I authorize the director of his								RUN 100% BY BULLDOG COACHES WITH YOUR BEST INTERESTS AT HEART. WE LOOK FORWARD TO SEEING YOU AT CAMP!						
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								HEART. WE	LOOK FORW	ARD TO SEI	EING YOU AT	Γ CAMP!		
			rgency basis	in the event th	nat such treat	ment becomes							I .	
necessary di	uring the footb	all camp.								CINICEDEL	\ <u>\</u>			
Olith Name								SINCERELY, BULLDOG COACHING STAFF						
Childs Name		nt full name)								DULLDUG	COACHING	SIAFF		
PARENT/GU		it full flaffie)												
Signature:	יעורחואוו	<u> </u>	l	<u> </u>										
Date :														

IAT \	NILLIE)O AT (CAME	7		2023 (CAMP	INFO	RM ₄ 1	TION	
				_	-						
					WHO:	MALE AND	FEMALE				
REAK EACI	H DAY INTO TWO	SECTIONS. AN II	NSIDE SECTI	ON THAT		ALL INCOM	ING 7TH G	RADERS - 1	2TH GRADE	RS	
PLACE IN	THE WEIGHT ROC	M AND AN OUTS	SIDE SECTIO	N THAT WI	<u>L</u> L						
TAKE PLACE ON THE BORGER FOOTBALL FIELD. WE WILL SPEND ABOUT 50						BORGER HIG	GH SCHOOL	WEIGHT RO	OM / FOOTB	ALL FIELD	
	ROOM AND ABOUT	T 30 MIN. OUTSI	DE EACH DA	Y							
OOM:											
POWER		EXPLOSION		WHEN:	MONDAY -	THURSDAY	•				
			HANG CLEA	۸N		MAY 30TH	- JULY 13TH	1			
	INCLINE										
	DEADLIFT			ГСН	HOW MUCH:	WE WILL C	HARGE \$50	FOR THE	ENTIRE SUN	MER.	
	FRONT SQUAT		MACHINES					BLE TO:			
						BORGER IS	<u>SD</u>				
<u>SPEED</u>		<u>AGILITY</u>									
					CONTACT	INFORMATI	ON				
				CONES							
			LADDERS								
BUILD UPS			HURDLES			806-206-29	24				
			PRO TOUCH	1							
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	HARNESSES		ZIG ZAG								
DI VOMETI	210	2005									
PLYOMETI		CORE	AD OLDOLUT								
	FLAT FLOOR			055							
				NEO.							
			ZEN SQUAR	KES							
MONDAYS / WEDNESDAYS		TUESDAYS	TUESDAYS / THURSDAYS								
	REAK EACI PLACE IN E ON THE WEIGHT F DOM: POWER SPEED	REAK EACH DAY INTO TWO SE PLYOMETRIC BOXES BUILD UPS BUILD UPS	REAK EACH DAY INTO TWO SECTIONS. AN II PLACE IN THE WEIGHT ROOM AND AN OUTS E ON THE BORGER FOOTBALL FIELD. WE WE WEIGHT ROOM AND ABOUT 30 MIN. OUTSIE DOM: POWER BENCH SQUAT INCLINE DEADLIFT FRONT SQUAT SPEED AGILITY 40'S 20'S FLYING 40'S FLYING 20'S BUILD UPS BUNGEES SLEDS HARNESSES PLYOMETRIC BOXES BLEACHERS FLAT FLOOR MONDAYS / WEDNESDAYS POWER SPEED MONDAYS / WEDNESDAYS PLYOMETRI MONDAYS / WEDNESDAYS PLYOMETE	REAK EACH DAY INTO TWO SECTIONS. AN INSIDE SECTION PLACE IN THE WEIGHT ROOM AND AN OUTSIDE SECTION EON THE BORGER FOOTBALL FIELD. WE WILL SPEND AS WEIGHT ROOM AND ABOUT 30 MIN. OUTSIDE EACH DAY DOM: POWER BENCH BENCH BENCH SQUAT INCLINE DEADLIFT HANG SNATE FRONT SQUAT MACHINES SPEED AGILITY 40'S "L" DRILL 20'S STAR DRILL 20'S STAR DRILL FLYING 40'S FLYING 20'S BUILD UPS BUILD UPS BUNGEES BUILD UPS HURDLES BUNGES BUNGES	E ON THE BORGER FOOTBALL FIELD. WE WILL SPEND ABOUT 50 E WEIGHT ROOM AND ABOUT 30 MIN. OUTSIDE EACH DAY DOM: POWER BENCH BENCH SQUAT INCLINE DEADLIFT HANG SNATCH FRONT SQUAT HO'S SPEED AGILITY 40'S STAR DRILL 20'S STAR DRILL FLYING 40'S FLYING 20'S BUILD UPS BUILD UPS BUNGEES BUILD UPS BUNGEES BUNGES BUNG	REAK EACH DAY INTO TWO SECTIONS. AN INSIDE SECTION THAT PLACE IN THE WEIGHT ROOM AND AN OUTSIDE SECTION THAT WILL E ON THE BORGER FOOTBALL FIELD. WE WILL SPEND ABOUT 50 WHERE: WEIGHT ROOM AND ABOUT 30 MIN. OUTSIDE EACH DAY DOM: POWER BENCH BORGER BENCH BENCH BENCH BENCH BENCH BENCH BENCH BORGER BENCH BORGER BUIL DES BUIL DE	REAK EACH DAY INTO TWO SECTIONS. AN INSIDE SECTION THAT PLACE IN THE WEIGHT ROOM AND AN OUTSIDE SECTION THAT WILL E ON THE BORGER FOOTBALL FIELD. WE WILL SPEND ABOUT 50 WHERE: E WEIGHT ROOM AND ABOUT 30 MIN. OUTSIDE EACH DAY DOM: POWER EXPLOSION BENCH BENCH BENCH BENCH SQUAT INCLINE SPLIT JERK DEADLIFT HANG SNATCH HOW MUCH: WE WILL C FRONT SQUAT AGILITY 40'S STAR DRILL 20'S STAR DRILL CONTACT INFORMATI FLYING 40'S FLYING 20'S LADDERS BUILD UPS BUILD UPS BUILD UPS BUILD UPS BUNGEES PRO TOUCH SLEDS HARNESSES ZIG ZAG PLYOMETRIC CORE BOXES BLEACHERS MED BALL ABS FLAT FLOOR MED BALL ABS FLAT FLOOR MED BALL TOSS PLANKS CROSS ZEN SQUARES MONDAYS / WEDNESDAYS TUESDAYS / THURSDAYS POWER SPEED MONDAYS / WEDNESDAYS TUESDAYS / THURSDAYS POWER EXPLOSION ALL INCOM WHER: ALL INCOM MED BALL ABS MALE AND ALL INCOM MED BALL ABS FLAT FLOOR MED BALL TOSS PLANKS CROSS ZEN SQUARES MONDAYS / WEDNESDAYS TUESDAYS / THURSDAYS POWER EXPLOSION SPEED PLYOMETRIC	WHO: MALE AND FEMALE REAK EACH DAY INTO TWO SECTIONS. AN INSIDE SECTION THAT PLACE IN THE WEIGHT ROOM AND AN OUTSIDE SECTION THAT WILL E ON THE BORGER FOOTBALL FIELD. WE WILL SPEND ABOUT 50 WHERE: WEIGHT ROOM AND ABOUT 30 MIN. OUTSIDE EACH DAY DOM: POWER EXPLOSION BENCH BENCH HANG CLEAN SQUAT JUMP SQUAT INCLINE SPLIT JERK DEADLIFT HANG SNATCH HOW MUCH: WE WILL CHARGE \$50 MAKE CHECKS PAYAE BORGER ISD SPEED AGILITY #L' DRILL 20'S STAR DRILL CONTACT INFORMATION FLYING 40'S LADDERS BUILD UPS BUILD UPS BUILD UPS HURDLES BUILD UPS HURDLES BUILD UPS HURDLES BURDSES PRO TOUCH SLEDS NEBRASKA COACH DICKINSON - ST HARNESSES ZIG ZAG MONDAYS / WEDNESDAYS POWER EXPLOSION FLYOMETRIC MACHINES WHEN: MONDAYS / HURDLES ALL INCOMING 7TH GR WHERE: BORGER HIGH SCHOOL WHERE: BORGER HIGH SCHOOL MAY 30TH - JULY 13TH MAY 30TH - JULY 14TH MAY 30TH - JULY 13TH MAY 30TH - JULY 14TH MAY 30TH - JULY 14TH MAY 30TH MAY 30TH	REAK EACH DAY INTO TWO SECTIONS. AN INSIDE SECTION THAT PLACE IN THE WEIGHT ROOM AND AN OUTSIDE SECTION THAT WILL E ON THE BORGER FOOTBALL FIELD. WE WILL SPEND ABOUT 50 E WEIGHT ROOM AND ABOUT 30 MIN. 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OUTSIDE EACH DAY JOM: POWER BENCH HANG CLEAN JUMP SQUAT INCLINE SPLIT JERK DEADLIFT HANG SNATCH HANG SNATCH HANG CHEAN MACHINES SPEED AGILITY 40'S FLYING 40'S FLYING 20'S BUILD UPS HURDLES BUINGEES PRO TOUCH SLEDS NEBRASKA COACH DICKINSON - STRENGTH AND CONDITION FLAT FLOOR HARNESSES ZIG ZAG MONDAYS / WEDNESDAYS TUESDAYS / THURSDAYS POWER MHERE: BORGER HIGH SCHOOL WEIGHT ROOM / FOOTB MHERE: BORGER HIGH SCHOOL WEIGHT ROOM / FOOTB MHERE: BORGER HIGH SCHOOL WEIGHT ROOM / FOOTB ALL INCOMING 7TH GRADERS - 12TH GRADE BORGER HIGH SCHOOL WEIGHT ROOM / FOOTB WHERE: BORGER HIGH SCHOOL WEIGHT ROOM / FOOTB HERE: BORGER HIGH SCHOOL WEIGHT ROOM / FOOTB WHERE: BORGER HIGH SCHOOL WEIGHT ROOM / FOOTB HERE: BORGER HIGH SCHOOL WEIGHT ROOM / HERE: BORGER HIGH SCHOOL WEIGHT ROOM / HERE BORGER HIGH SCHOOL WEIGHT ROOM / HERE BORGER HIGH SCHOOL WEIGH	REAK EACH DAY INTO TWO SECTIONS. AN INSIDE SECTION THAT PLACE IN THE WEIGHT ROOM AND AN OUTSIDE SECTION THAT WILL E ON THE BORGER FOOTBALL FIELD. WE WILL SPEND ABOUT 50 WEIGHT ROOM AND ABOUT 30 MIN. OUTSIDE EACH DAY DOM: POWER BENCH HANG CLEAN SQUAT JUMP SQUAT INCLINE SPLIT JERK DEADLIFT FRONT SQUAT FRONT SQUAT AGILITY 40'S STAR DRILL 20'S STAR DR