

# FARMER

S T R O N G



Please return by May 28th to secure enrollment.  
**FARMER STRONG STRENGTH & CONDITIONING CAMP**  
This camp will be conducted on weekdays only. Monday thru Thursday.

**Start Date: June 17th**

**End Date: July 25th**

**Cost: \$50.00**

Please make checks payable to Lewisville ISD Athletics. Mail completed forms to Gregg Miller, 1098 W. Main, Lewisville, Tx 75067.

NAME: \_\_\_\_\_ CELL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

EMERGENCY CONTACT NAME: \_\_\_\_\_

EC WORK # \_\_\_\_\_ EC CELL# \_\_\_\_\_

SPORT: \_\_\_\_\_ GRADE: (Aug 2013) \_\_\_\_\_

PLEASE CHOOSE ONE:

**SESSION ONE** \_\_\_\_\_ **7:00AM -9:00 AM** • **FOR ALL CURRENT LHS ATHLETES**

**SESSION TWO** \_\_\_\_\_ **9:30AM-11:30AM** • **THIS SESSION IS FOR INCOMING 7TH, 8TH, & 9TH GRADE**

The major goal of our summer strength and conditioning camp is to provide our competitive athlete the means by which they develop attitude, work ethic, mental toughness, and discipline. Athletes will train consistently, sensibly, and systematically over a designed and designated period of time in a safe, clean, and professional environment to help prevent injury and enhance performance. This is a working camp, horseplay and lack of effort will not be tolerated. The kids will be encouraged at all times to do their best.

**WATER IS PROVIDED**

**INCLEMENT WEATHER:** WE WILL RUN CAMP IF AT ALL POSSIBLE. WEATHER ALERTS MAY CAUSE CANCELLATION OF PARTS OF THE CAMP.