



DEE-MACK CHIEF TRAINING CAMP



WHO : Male or Female student-athletes entering 6th, 7th, or 8th grade for the 2023-24 school year

WHERE : Dee-Mack High School

WHEN : June 13, 15, 20, 22, 27, 29

TIME : 9:00 - 10:00 AM

***** Each camper will receive a t-shirt as well as a certificate at the conclusion of Chief Training camp**

Camp coaches will be current Dee-Mack High School student-athletes as well as current Dee-Mack coaches

FEE : \$50 (\$10 OFF EACH ADDITIONAL CHILD)

PLEASE RETURN TO STUDENT'S HOME OFFICE OR BRING TO DAY 1 OF CAMP

WHAT : This is a beginner's level strength and speed camp for 6-8th grade student-athletes. This camp is not sport specific & will run twice a week for three weeks. The objective of the camp is to introduce the correct form, use of equipment, safety precautions, & benefits of strength and speed training as a Dee-Mack Chief athlete! This will allow each attendee to have a generalized training plan designed to improve their speed, agility, power, strength, explosiveness, coordination, flexibility, & overall physical fitness!

Please attach your payment with this form in way of cash or check (WALK-UPS WELCOME!)

MINOR WAIVER / RELEASE FORM

Camper's Name:

Address :

Grade Entering : 6th 7th 8th

In consideration of my child/ward, _____, being allowed to participate in any way in the Dee-Mack High School Chief Training Camp related events and activities, I/we acknowledge and agree that:

The risk of injury to my child from the activities involved in this program is significant, and while particular rules equipment, and personal discipline may reduce the risk, the risk of serious injury does exist; and,

For myself, spouse, and child, I knowingly and freely assume all such risks, both known and unknown, and assume full responsibility for my child's participation.

PARENT/GUARDIAN NAME (PRINTED) :

PARENT/GUARDIAN SIGNATURE :

PHONE NUMBER :

DATE :

Checks Payable To :

Dee-Mack High School

Return Registration To :

**Dee-Mack High School
Attn: Coach Myers
401 E. 5th St.
Mackinaw, IL 61755**

Shirt Size : YS YM YL S M L XL 2XL 3XL

Sign here (for our records) if the fee is attached:

QUESTIONS PLEASE CONTACT : CODY MYERS (E-MAIL) cmyers@deemack.org (PHONE) 309-333-8021