

Training Camp Registration Form

Cut along the dotted line and return with
payment to 1007 Fulton, Denton, TX 76201
Attn: Girls Athletics

Fill out all information below completely:

Please Print:

Athlete Name

Address

City

State

Zip

Contact Number

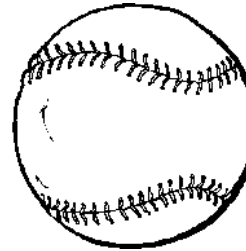
Emergency Contact Number

Parent or Guardian Name

Sport

Grade

Pre-existing Injury



Lady Broncos Athletics

Denton High School Attn: Girls Athletics

1007 Fulton, Denton TX 76201

Denton High School Lady Bronco Athletics



Texas Athletic Performance Training Camp Summer 2013

Strength and Speed Training
Session I ~ June 10 – June 27
Session II ~ July 8 – July 25
9am-10:30am
Monday ~ Thursday
Cost- \$30 per session
At Denton High School

Trainers

STEFAN BRYAN

CPT-ISSA
(certified personal trainer) (international sports sciences association)
CPT-NASM
(certified personal trainer) (national academy of sports medicine)
PES-NASM
(performance enhancement specialist)
CES-NASM
(corrective exercise specialist)
Strength Intern for Dallas Cowboys
*Former D-1 Athlete, Amateur Boxer/MMA fighter, Current Strongman competitor and Power lifter, specialist in conditioning and strength enhancement

DEMETRICES ROBINSON

M.S. in Exercise & Sports Nutrition
B.S. in Kinesiology & Psychology
NESTA CPT (National Exercise & Sport Trainer Association)
Former Strength Coach for TWU college basketball
*former D-1AA Athlete, Muay Thai boxing and combat specialist, specialist in speed training!

JOSH MOSLEY

College Linebacker
Grambling Pro football Athlete
Youth Athletic Coach



www.Texas-AP.com

Texas Athletic Performance

**STRENGTH, SPEED, AGILITY, REACTION,
SIZE, QUICKNESS, INTELLIGENCE, AND
HARD WORK/DEDICATION!**

Learn...

- *Proper speed training techniques
- *Proper strength training techniques
- *Proper nutrition for athletes
- *Sport specific training strategies

Improve...

- *Your performance in competitive sports
- *Your chances of avoiding injury

Increase...

- *Your vertical jump
- *Your quickness
- *Your stamina
- *Your speed, strength & power

Session I- June 10 - 27

Session II- July 8 - 25

Cost \$30 per session or \$60 for entire
summer

9am-10:30am

Monday—Thursday

At Denton High School

Cash or Cashiers Check ONLY

Make out to Texas Athletic Performance

Release Wavier

In consideration of the Texas Athletic Performance Training Camp and granting permission to participate, I hereby state that the Texas Athletic Performance Training is not responsible for any pre-existing injury, recurrence of any undisclosed pre-existing injury or illness of the athlete. I further acknowledge and release Texas Athletic Performance and Denton Independent School District, staff and all participants in said camp, from liability, including claims, suits at law or in equity, for injury which may result from the athlete taking part in the Texas Athletic Performance Training Camp. _____ (initial)

I, as a parent or legal guardian, acknowledge and fully understand that the participant will be engaging in activities that may result in injury. Further, that there may be other risks not known to or is not reasonably foreseen at this time. I hereby consent to said minor's participation assume all the risks of her personal injury that may result from the Texas Athletic Performance Training Camp. _____ (initial)

I, release, waive, discharge and covenant not to bring legal action upon Denton Independent School District, Texas Athletic Performance Training, employees, contractors, agents, all instructors, all participants and anyone associated with its operation.

It is requested that each participant has a physical on file with the DHS trainer.

Signature of parent/legal guardian Date

Athlete Signature Date