



Summer Strength & Conditioning Camp with Coach Andrew Garay

Summer Strength Camp consists of a group of hard-working, dedicated junior high athletes looking to shred pounds of fat or get stronger and get extremely fit. Focusing on resistance band training and centered around the core, these young athletes will strive to get their verticals up, sprint times down, and quicker lateral movements, while utilizing natural body weight and minimal “weights”.

Monday-Thursday (8:30 – 10 AM) weekly camps \$130.00 per week for the first week and \$120.00 for the second for students entering 5th through 9th Grade

Select the weeks that you would like your child to participate in this summer:

_____ July 29th-Aug. 2nd
 _____ Aug. 5th- Aug. 8th

_____ **TOTAL WEEKS**

Please make checks payable to Andrew Garay

Parent Signature:	
Camper's Name:	
Age:	
Address:	
Gender:	Male or Female
City/Zip:	
Parent's Cell:	
Parent's Name:	
Emergency Contact:	
Emergency Phone:	

For questions, contact:

Andrew Garay (281) 414-2551 or agaray@faithwest.org

Realizing the risk of injury in any and all sports, I hereby release _____ and Faith West Sports Complex, from all financial responsibility due to any injury that may occur. Should an injury occur, I authorize _____ to seek medical assistance for my /son daughter.