



*Wolves* 

**2017**  
**Summer**  
**Conditioning**  
**Program**

Plano West Senior High  
Activity Center  
5601 W. Parker Rd.  
Plano, TX 75093

## Wolf Pack Summer Conditioning Program

**Instructors:** Plano West Coaches. The program will be coordinated by Plano West Head Coach and Athletic Director Scott Smith. Coach Smith brings 26 years of coaching experience to the program. Over 500 athletes participated last summer.

**Program Objective:** The key to success in any sport is strength, speed and agility. This 6-week program will help to develop and improve your strength, speed, agility and self-confidence, which will improve your efficiency as an athlete in all types of sports.

**Equipment:** Each athlete should wear good running shoes, shorts and T-shirt to camp each day. This is not imperative, but will be to the advantage of the athlete.

**Training:** Training techniques will include weight training, speed programs, agility programs, plyometrics, flexibility, nutrition, etc.

**COST:** \$210.00 per person for all 6 weeks or \$35 per week. Plano ISD offers online payments through [www.paypams.com](http://www.paypams.com). PayPams is the preferred method of payment. We also will accept personal checks, Master Card, Visa, American Express and Discover. Make checks payable to Plano ISD. If your check is dishonored or returned for any reason, we reserve the right to electronically debit your account for the amount of the check plus a processing fee of \$25.00 (or legal limit).

FULL PROGRAM-ALL 6 WEEKS \$210.00  
OR  
# OF WEEKS \_\_\_\_\_ X \$35.00 = \_\_\_\_\_

MAKE CHECKS PAYABLE TO: PLANO ISD

Check Amount: \$ \_\_\_\_\_ Check # \_\_\_\_\_

Credit Card Information:

OR

Check one: Master Card  Visa  AmEx

Discover

Card #: \_\_\_\_\_

Exp. Date: (MO/YR) \_\_\_\_\_

Authorized User Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**DO NOT SEND CASH NO REFUNDS  
NO EXCEPTION**

Fees must be **PAID IN FULL** by JUNE 6<sup>th</sup>  
(\$25.00 late fee will be accessed after June 8th)

## APPLICATION

Athlete's Last Name \_\_\_\_\_

Athlete's First Name \_\_\_\_\_

Birthdate: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent's Cell Phone: \_\_\_\_\_

\*\*\*Person to notify in case of emergency:  
\_\_\_\_\_ Phone: \_\_\_\_\_

Age now: \_\_\_\_\_

School Attending Fall 2017: \_\_\_\_\_

Grade in the Fall 2017: \_\_\_\_\_

### SESSION TIMES:

- I. 6:30 am - 8:00 am (incoming boys 9-12 graders)  
II. 8:00 am - 9:30am (incoming boys 7-8 graders)  
III. 9:30 am - 11:00 am (incoming boys 9-12 graders)

Please circle **One** indicating the session you prefer to attend.

**PROGRAM DATES:** June 19th - Aug. 3rd (M-T-W-Th)  
6 Weeks Total (No workouts the week of July 3-7)

**LOCATION:** Plano West Senior High Activity Center

## RELEASE OF LIABILITY

In consideration of my participation in the Wolf Pack Summer Conditioning Program, I do hereby release and discharge Plano ISD and all personnel thereof for all claims or damages, demand, action or whatsoever in any manner arising or growing out of my participation at the Wolf Pack Summer Conditioning Program. I attest and verify that I hereby release Plano ISD from any liability now or in the future. Including, but not limited to heart attacks, muscle strains or pulls, broken bones, shin splints, heat prostration, knee/lower back or foot injuries or any other illnesses, soreness or injury however caused, occurring during or after my participation in the exercise program. If, in fact, an injury that requires emergency medical attention occurs, I reserve the right for Plano ISD to take action through medical facilities in the area.

Plano ISD reserves the right to discontinue an athlete's program at any time for any reason. I have read the information in full, and to the best of my ability understand the information above.

## SIGNATURE FOR RELEASE OF LIABILITY

Participant \_\_\_\_\_

Date \_\_\_\_\_

Parent or Guardian \_\_\_\_\_

Date \_\_\_\_\_

\*Mail completed application with camp fee to:  
Plano West Senior High  
c/o Scott Smith  
5601 W. Parker Rd., Plano, Texas 75093  
Contact David Hall or Tyler Crow For More Information:

David.hall@pisd.edu  
Tyler.crow@pisd.edu

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