

**Summer Dragon
Explosive Power Program**

Please return this section with payment.
Print all information in blue or black ink.
Emergency Information Included.

DUE BY MAY 20TH

Student's Name

Student's DOB

Mailing Address

Home Phone

Parent Name

Parent Work Number

Emergency Contact

Emergency Contact Number

Please read the information on other side of
this section then sign below and return with
emergency card and \$125 registration fee.
Make checks payable to: RRHS Athletics

Student Signature & Date

Parent Signature & Date

**The Summer Dragon Explosive
Power Staff will consist of both Male
and Female coaches from Round
Rock High School.**

***If you have any general questions
about the Summer Dragon Explosive
Power Program, please contact:
Coach Kent Walker at 464-6197
or Coach Diane Watson at 464-6234.***

DID YOU KNOW.....

RRISD requires that a valid Athletic physical be on
file each year for all athletes participating in
athletics...

Physical Date Scheduled –

When: Saturday May 15th

Time: 11:15 – 12:30

Where: McNeil High School

Cost: \$20

optional Heart Screens for \$10

The above time is reserved for all athletes from
RRHS, CTMS, CVMS, and Walsh MS. All proceeds
from the day to toward our Dragon Athletic Training
Program.

Physical forms need to be filled out prior to arriving.
New Physical forms are available from the athletic
training office at RRHS or you may download from
the RRISD Athletics Website.

Lanny Wilson, Athletic Coordinator

Office (512) 464-6121

Lanny.Wilson@RoundRockISD.org

Diane Watson, Asst. Athletic Coordinator

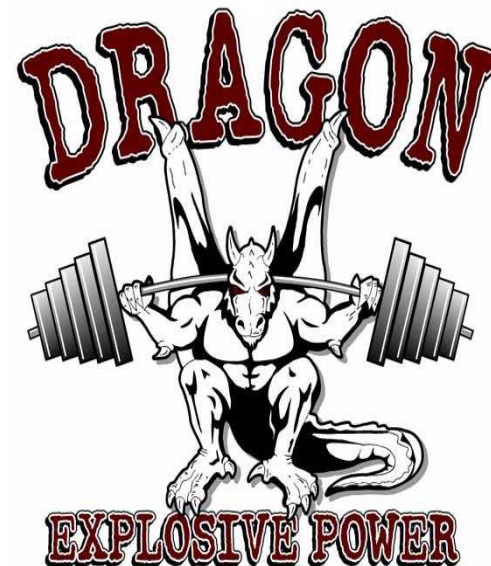
Diane.Watson@RoundRockISD.org

Round Rock High School
300 N. Lake Creek Dr.
Round Rock, TX 78681



Athletic Department
&
Round Rock High School
Athletics

**2010
Summer Dragon
Explosive Power
Program**



Whatever it takes

Beginning with the summer of 2002, the UIL passed a new rule stating coaches from a high school may condition athletes from their home school during the summer break.

This provides our coaching staff the opportunity to cultivate a comprehensive strength and speed program that will enable our athletes to develop the explosive power needed to excel in their sport and improve overall athletic ability.

Since 2002, RRHS has the largest student-athlete participation of all the high schools. We look forward to, once again, helping our Dragon athletes become quicker, stronger, and faster than ever in 2010.

The Dragon Explosive Power Program will be structured to enhance the athletes' foundation as well as focus on setting and obtaining goals. Young athletes who participate in sport performance training have fewer injuries during their athletic careers.

Instruction given during the Dragon Explosive Power Program will be generalized and not sport specific. Even though the instruction will be generalized, every sport uses the same basic foundations such as sprinting, lateral movements, weight lifting, agility, and jumping.

The Summer Dragon Explosive Power Program will be conducted at Round Rock High School in the weight room and on the practice facilities. The program is open to those going into 7th through 12th grade. Two sessions will be offered. The first session will be from 7-9 a.m. and will be an advanced program. The second session will be from 9-11a.m. and is a regular conditioning program.

The camp will begin June 7th and conclude July 23rd (Monday – Thursday). **There will be NO camp the week of July 5th – 9th.** All RRISD facilities will be closed. All participants report to Dragon Stadium.

Student-Athletes may only attend one session per day of the *Summer Dragon Explosive Power Program*.

All participants must have a Physical on file.

The cost of the camp will be \$125.00 for the 6 week course. Please make checks payable to Round Rock H.S.

Participants will need to provide their own shoes.

Please return attached registration with payment to Linda Sato, Athletic Assistant, or you may mail to:

**RRHS Athletics
300 N. Lake Creek Drive
Round Rock, TX 78681**

A waiver of camp fees is possible for campers of lower income families. Please contact Coach Walker or Coach Watson for more information.

Parent (Guardian) Permission

I hereby give my consent for the aforementioned student to participate in the RRISD approved summer weight and conditioning. I have read and understand that my child will abide by all school and camp rules. I also agree to be responsible for the safe return of all equipment issued by the school and will pay for any and all lost, stolen, or damaged equipment.

Assumption of Risk & Release of All Claims

All athletes will be coached, instructed and conditioned to compete at the peak of their abilities. Along with competition and effort to acquire excellence, is the reality of possible injury. Each coach is aware of the dangers and will make every effort to prevent injuries with proper conditioning, protective equipment and safety practices. However, not all injuries are preventable and SEVERE INJURIES OR EVEN DEATH CAN OCCUR DURING ATHLETIC PARTICIPATION. The RRISD does not assume any responsibility in case an accident occurs.

I understand the possible risk of injury present in the athletic participation. I hereby release and discharge the RRISD, its agents, employees and officers from any and all claims, demands, actions, judgments, and executions which I may have or which my heirs, executors, administrators or assigns may have or claim to have against the RRISD, its agents, employees, officers, parent-volunteer, successors in interest or assigns for all personal injuries, known or unknown, and to all known or unknown injuries to property, real or personal, caused by or arising out of participation in athletics including travel and related activities.

Insurance Coverage

The RRISD Athletic Department does not provide athletic insurance for athletes. The Athletic Department and RRISD recommends that each athlete have their own insurance. The District contracts with an insurance agent to provide various insurance coverage policies that can be purchased by individuals at the beginning of the school year. I understand that RRISD will not provide insurance for my child while in athletics and that any injury sustained by my child will be my sole financial responsibility.