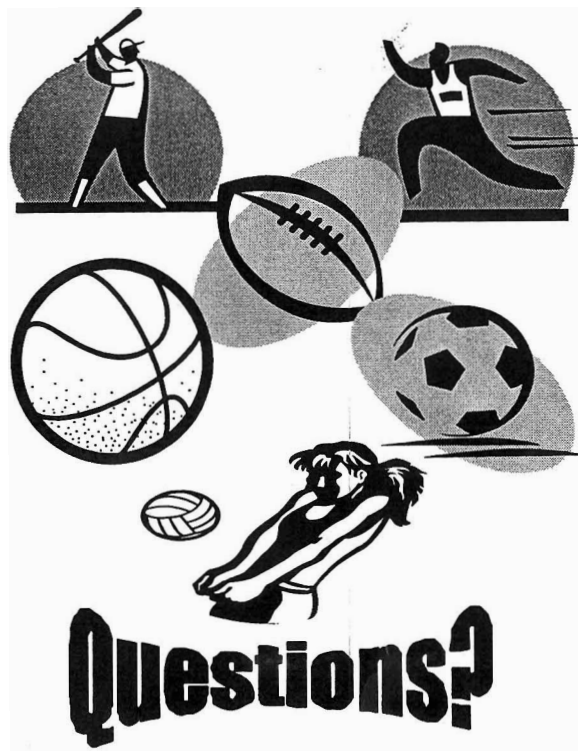


Program Goals

1. *Put all athletes in position physically and mentally to be successful on their particular field of play.*
2. *To instill the self-discipline needed to have continued success physically and mentally after the completion of this program.*
3. *Give all the athletic programs at Austin High School a foundation to be the best not only Fort Bend but in Texas!*



**Please feel free to contact
me at any of the numbers
below.**

Phone: 281-634-2056
Fax: 281-634-2109
Email: richard.lazarou@fortbend.k12.tx.us

AHS

Summer Strength and Conditioning Program

*What are you willing
to do to get where
you want to go?*

**BULLDOG
POWER
Summer
2009**

Program Information

Our program will be open to boys and girls who will be in grades 9-12 during the 2009-2010 school year at Austin High School. All students who wish to be in optimal physical condition and enhance their playing performance in any sport should attend this program. Each athlete will receive instruction in weight lifting, speed development, flexibility, plyometrics, coordination, goal setting, self-discipline and nutrition.

Program Times, Dates and Cost

The Program will run Monday through Thursday from June 8th until July 16th.

COST:

Early Registration: May 4th – May 29th: \$100

Late Registration: June 1st– June 5th: \$125 (only as long as space is available)

Session Times (Pick One):

I: 7AM-9AM (2 classes of 40, 80 total)

II: 10 AM-12 PM (2 classes of 40, 80 total)

*****Session size will be limited to 40 athletes and will be filled on first come first serve basis*****

Requirements

- 1) Must be enrolled at Austin HS for the 2009-2010 school year.
- 2) Must have a physical and emergency contact form on file at Austin HS (Athletes from Garcia or Sartartia must get their physical forms from school and bring them to Austin HS). **You cannot sign up for program without these forms.**
- 3) Have enrollment form and money turned in on Monday, May 4th **starting at 7 AM** to Coach Stuart in order to reserve your spot. We **WILL ONLY accept money on or after May 4th starting at 7 AM.**
- 4) Proper work out attire: Comfortable shirt, shorts (girls shorts must be 3 inches from the knee at all times) and running shoes. **Anyone not in Ft. Bend ISD dress code will be sent home.**
- 5) Payments must be made in **CASH** or by **MONEY ORDER (make money order out to FBISD Athletics).**
- 6) All athletes are **required** to bring a water bottle.
- 7) Athletes **WILL** have the option to enroll in program as long as there are openings in a session but there **WILL NOT** be any prorated fees for days missed. After you sign up there are **NO** refunds.

Other Important Information

By signing, parent agrees to all terms and conditions included in the Physical/Athletic Participation Form and agrees to waive all liability of Fort Bend ISD and its employees who are staffing the program. Parent also agrees that program staff may dismiss any participant who they deem disruptive and no refund will be due for missed participation.

Name of Athlete (Please Print) _____

Name of Parent (Please Print) _____

Parent's Signature _____

Registration Form

Sign up for:	Price
<input type="checkbox"/> I: 7 AM – 9 AM	100.00
<input type="checkbox"/> II: 10 AM – 12 PM	100.00

Subtotal: _____

Total: _____

Parent's name _____

Address _____

Phone _____

Method of Payment:

Cash

Money Order

IMPORTANT ATHLETE INFORMATION

Age: _____

Weight: _____

Gender: _____

Height: _____

Have you participated in the program before?
Circle Yes or No

**Austin High School
3434 Pheasant Creek Drive
Sugar Land, TX 77498**

Phone: 281-634-2056

Fax: 281-634-2109

Email: richard.lazarou@fortbend.k12.tx.us