

2009 St. Xavier Freshman Football Weight Training Program

The freshman football weight training program is *open to any prospective student athlete* coming into the St. Xavier program. The program supervised and staffed by Carlo Alvarez and the St. Xavier High School football coaching staff emphasizes the correct fundamentals required for successful involvement in the strength program. Student/Athletes will learn the proper techniques expected and required by every level of the football program and will have the opportunity to meet the coaching staff and familiarize themselves with St. Xavier High School. It is our belief that establishing the basic fundamentals of our strength program early in a football player's career results in improved performance earlier in the student athlete's career.

Mondays, Wednesdays and Fridays, June 8th – July 31st

The following sessions are designed to accommodate summer school course offerings to the incoming freshmen. Keep in mind that we offer 7:00, 8:00 and 9:00 a.m. sessions for the JV and Varsity programs. In the event an incoming freshman is fundamentally sound in his technique, he will be given the option of advancing to the higher intensity workout of the Varsity program.

Please indicate the desired session.

7:00 a.m. - 8:30 a.m. _____

10:00 a.m. - 11:30 a.m. _____

Total cost for each student is \$50.00. *This fee is non-refundable.* Mail this completed registration form, along with check payable to St. Xavier High School, or submit registration online at stxsportscamps.com. **Credit card payment (MasterCard or Visa) can be accepted only with online registration.** Questions? Please call Cindy Thomas at 761-7815, extension 109.

All sports are welcome to participate!!

Walk up registration is welcomed on and after the start of the program.



Register online: stxsportscamps.com
or



Return registration form to:
Steve Specht, Head Football Coach
600 W. North Bend Road
Cincinnati, OH 45224

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Grade School: _____
Grade: _____ Age: _____ Position: _____
Parent Work Number: _____
Parent Cell Number: _____
Parent/Guardian Signature: _____

MEDICAL RELEASE FORM

The undersigned further agree(s) and understand(s) that my/our son participates in the St. Xavier High School Football Camp at his own risk, and that the undersigned my/our son's behalf and my/our behalf, assume full responsibility for any injury, loss, or damages incurred in connection with said St. Xavier High School football camp. The undersigned also agree(s) to forever release, discharge, and covenant to hold harmless the School, it's Trustees, teachers, employees, agents and any other parent or volunteer who participates as a chaperone or other assistant in connection with the St. Xavier Football Camp, their heirs, administrators, executors, successors, or assigns, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action belonging to the undersigned or the Student that in anyway and at anytime arise out of the Student's participation in the St. Xavier Football Camp.

Mother Sign _____ Date _____ Father Sign _____ Date _____