

F.L.E.X.

TRAINING

CAMP

*Where there
is no
off-season!*



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CAMP



SUMMER 2008

J.P. STEVENS HIGH
SCHOOL

SAN ANTONIO, TX



F.L.E.X. Training Camp is a 5 week strength and conditioning camp designed especially for male and female athletes. The F.L.E.X. program is developed by the coaching staff of Stevens High School and will be staffed by experienced coaches from all sports from Stevens High School.

This camp does not focus on one particular sport, but rather on common skills and strengths needed in all sports.

F.L.E.X. Training Camp will allow athletes to explode through barriers by employing a mix of resistance, speed, and agility training. The F.L.E.X. program not only develops the body, but also the athlete's character through daily "Champion Talks" developed and delivered by the staff. At the end of the 5 week camp, the athletes will not only feel better about themselves, but actually be better!

How Do I Enroll?

The first step is very easy. Each athlete needs to turn in a non-refundable \$10.00 deposit. This holds your spot in camp. You may pay the entire \$50.00 up front if you desire, but if you do not, the \$40.00 balance is due the by last day of school, June 1st. The entire tuition is NON-REFUNDABLE. If you are not able to complete payment by the desired date or have any questions, contact Conrad Hernandez.

Details

Camp Location : J.P. Stevens High School

Camp Dates : June 16th - July 24th

June 30th - July 3 (Closed)

Monday - Thursday (no Friday workouts)

Camp Cost :

\$ 50.00 F.L.E.X. Camp Tuition (**Non-Refundable**)

\$ 5.00 for Camp T-Shirt

Total: \$55.00

Contacts:

Conrad Hernandez @ 397-6586
(conradhernandez@nisd.net)

Checks can be made payable to Stevens High School. Payment and registration may be dropped off at current middle school athletic department or mailed to Stevens High School, Attn. Conrad Hernandez, 600 N. Ellison, San Antonio, TX 78251.

Session Times:

Session 1

7:30am - 9:00 am

Session 2

9:30am- 11:00 am

F.L.E.X. REGISTRATION FORM

This form must be turned in with money.

CHECK SESSION ATTENDING:

SESSION 1 (7:30—9:00) _____

SESSION 2 (9:30—11:00) _____

NAME: _____

PHONE: _____ CELL: _____

SPORT: _____

JR. HIGH: _____

T-SHIRT: Y / N T-SHIRT SIZE: _____

PARENT NAME(S): _____

PARENT EMAIL: _____

WORK #: _____

EMERGENCY #: _____

INSURANCE CO. : _____

POLICY #: _____

Waiver: I hereby, for myself, heirs, executors, and administration waive and release any and all rights and claim for damages I may have against Stevens High School and F.L.E.X. Training Camp or its staff and sponsors for any and all injuries which may be suffered by me in the course of the camp.

SIGNATURE: _____

DATE: _____

TOTAL ENCLOSED: \$ _____