**ST. THOMAS AQUINAS HIGH SCHOOL**

**BOYS AND GIRLS SPORTS PERFORMANCE TRAINING CAMP**

**JUNE 11, 13, 18, 20, 25, 27**

**4:15 – 5:45 PM**

**JULY 2, 9, 11, 13, 16, 18, 23, 25**

**11:15 – 12:45 PM**

**ST. THOMAS AQUINAS ATHLETIC DEPARTMENT would like to invite you to participate in a BOYS AND GIRLS SPORTS PERFORMANCE TRAINING CAMP. St. Thomas Aquinas Varsity Football Strength and Conditioning Coach Ameer Riley will be hosting the camp this Summer. Each session will include time spent on the field as well as the weight room. Speed, Power, Agility, Strength, and Endurance are just a few of the areas of focus.**

PLACE: St. Thomas Aquinas High School

2801 SW 12th Street

Fort Lauderdale, FL 33312

GRADES: Entering 9th grade to 12th grade (Fall of 2019)

PRICE: June - $240.00 (6 workouts @ $40 each), July - $320.00 (8 workouts @ $40 each)

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age\_\_\_\_\_\_Grade\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_

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

Parent/Guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Phone Contact(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance Company:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Policy Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please include a copy of the Health Insurance Card with registration form.

Please mail registration before June 7th, 2019

St. Thomas Aquinas HS, Attn: Athletics, 2801 SW 12th St., Ft. Lauderdale, FL 33312

Please note on the check that it is for BOYS AND GIRLS SPORTS PERFORMANCE TRAINING CAMP. Checks can be made out to St. Thomas Aquinas Athletics. Credit Cards will be accepted in Athletics. 954-327-2181

CONSENT TO TREATMENT:

I (We), the parents/guardians(s) of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_consent to the St. Thomas Aquinas High School, Inc. administrators to act on our behalf should an emergency situation arise and grant permission to authorize medical attention recommended by a physician or hospital.

I (We) accept full responsibility for expenses incurred in diagnosis and treatment of any accident or illness.

Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_

WHAT TO BRING:

Sneakers, cleats, water, towel, proper athletic gear, sunscreen, small snack during transition from field to weight room

CONTACT AND QUESTIONS:

Please call Ameer Riley at 781-540-9869 or email: ameerriley@gmail.com