

FALCON CAMP

CAMP INTENDED FOR ATHLETES ENTERING GRADES 6-12



Hanford Falcon coaches believe in developing our athletes one rep at a time. Our roster development begins in our off-season at Falcon Camp, so our athletes are physically and mentally ready to compete at the highest level by the time their athletic season begins. Our camp will emphasize speed, agility, strength, and power development. In addition to our athletes' physical development, we will shift gears and focus on sport specific skill development. Athletes will test at the beginning and end of camp to show gains. Attendance will be emailed weekly to all head coaches at Hanford High School.



CAMP DETAILS

Location: Hanford HS Weight Room

Dates: June 12-August 3

Time: HS Males 7-9
HS Female 10-12
MS Female 9-10
MS Male 9-10

Camp Fee: \$80 (includes camp t-shirt)

Payment: Checks to Richland School District

Player Gear: Athletic shorts, athletic shirt, athletic shoes

REGISTRATION INFORMATION
Registration and payment can be delivered or sent by mail to Hanford High School:

Falcon Camp
Hanford High School
450 Hanford Street
Richland, WA 99354

Payment must be in the form of a personal check, money order, or cashiers check made out to Richland School District – cash will not be accepted.

CAMP HIGHLIGHTS

- *Campers coached by Hanford High School Coaching Staff
- *Camp T-Shirt
- *NEW DRILLS AND TECHNIQUES
- *Participants grouped by age and gender for maximum results
- *Falcon Olympics, Aug. 4th
- *Midnight Lift, July 31st
- *Agility, plyometric, speed & power training
- *Marine Corp Combat Challenge, Aug. 2nd
- *Sport Specific Training
- *Nutritional guidance for maximum results
- *CAMP MVP'S WILL BE ANNOUNCED

CAMP REGISTRATION FORM

Name: _____ Grade: ____ Gender: M or F

Parent(s) Name: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Email: _____

Physician: _____

Physician Phone: _____

Emergency Contact: _____

Emergency Phone: _____

Camp T-Shirt Size: YM YL YXL S M L

INSURANCE INFORMATION

Participants are required to have health insurance coverage for injury and/or accident to enroll in our 2nd annual Falcon Camp. I verify that _____ has medical insurance with: _____ (Participant) _____ (Insurance Company)

_____ which effectively covers any medical cost incurred as a result of participation in the 2017 Falcon Camp. Furthermore, I authorize the Hanford High School staff to seek any necessary emergency medical treatment my child may need during the course of the Camp. As the parent/legal guardian of _____ (Participant)

I acknowledge the potential risk of injury related to physical activity associated with participants in our Falcon Camp and assume all risks and hazards are incidental to the conduct of the camp activities.