

# FALCON CAMP

## CAMP INTENDED FOR FEMALE 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 will be led by Hanford High School coaches.



### CAMP DETAILS

**Location:** HHS Weight Room

**HS Females:** June 5-June 15

*Monday-Thursday 3-5pm*

**June 19-August 4**

*Monday-Thursday 10-Noon*

**MS Females:** June 12-June 15

*Monday-Thursday 5-6pm*

**June 19-August 4**

*Monday-Thursday 9-10am*

**\*NO CAMP FOR MS OR HS  
GIRLS JULY 3-7**

**Camp Fee: \$80**

**Includes 2 camp t-shirts**

### CAMP HIGHLIGHTS

- New drills and techniques to improve individual athleticism and team cohesion
- Strength Training
- Agility Training
- Plyometric Training
- Sport Specific Training
- Nutritional guidance for maximum results
- Camp MVP's

#### MIDNIGHT LIFT

Monday, July 31

#### MARINE CORP COMBAT CHALLENGE

Wednesday, August 2

#### FINAL FALCON CAMP FITNESS TEST

Thursday, August 3

#### FALCON OLYMPICS

Friday, August 4

### 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 cashier's check made out to Richland School District.

# FALCON CAMP

Athlete Name: \_\_\_\_\_ Grade (2017-18): \_\_\_\_\_

Athlete Cell Phone: \_\_\_\_\_

Athlete email: \_\_\_\_\_

Athlete T-shirt size: YM YL AS AM AL AXL A2XL

Parent(s) Name: \_\_\_\_\_

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

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Parent email: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Emergency phone: \_\_\_\_\_

IF YOU ARE A CURRENT RICHLAND SCHOOL DISTRICT STUDENT, PLEASE REGISTER FOR SUMMER ACTIVITIES ON: [WWW.FAMILYID.COM](http://WWW.FAMILYID.COM)

## Insurance Information:

Participants are required to have health insurance coverage for injury and/or accident to enroll in our 3<sup>rd</sup> 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 necessary emergency medical treatment my child may need during the course of the camp. As a 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.

\_\_\_\_\_  
(parent/guardian signature)

\_\_\_\_\_  
(Date)