

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 Kelli Thiederman & Hanford High School coaches.



CAMP DETAILS

Location: HHS Weight Room

HS Females: May 29-June 1: 3-5 pm
June 4, 5 & 6: 3-5 pm
June 13, 14 & 15: 10 am-12pm
June 18-July 27
Monday-Thursday 10-Noon

MS Females: June 13-August 3
Monday-Thursday 9-10am

***NO CAMP FOR MS OR HS
GIRLS JULY 2-6**

Camp Fee: \$80
Includes camp t-shirt

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 30th

MARINE CORP COMBAT CHALLENGE
Wednesday, August 1

FALCON OLYMPICS
Thursday, August 2

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, cashiers check made out to Richland School District or pay with Credit/Debit on the Richland SD website at <https://wa-richland.intouchrecepting.com/>

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Athlete Name: _____ Grade (2018-19): _____

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

Insurance Information:

Participants are required to have health insurance coverage for injury and/or accident to enroll in our 3rd 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 2018 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)