

SPEED

AGILITY

2018 MEN'S FALCON CAMP

POWER

STRENGTH

CAMP INTENDED FOR ATHLETES ENTERING GRADES 4-12

**OUTWORK EVERYBODY
OUTWORK EVERYBODY TOGETHER**



**"THE FALCON WAY"
EXCEEDING ALL EXPECTATIONS**

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 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.

AWARD WINNERS

2015: Most Improved: AJ Wiegand
MVP: Dimitri Fonti
2016: Most Improved: Eli Zavala
Top Newcomers: Marcus Romero & Kamari Durmas
MVP: Max Busselman
2017: Most Improved: Zach Hinton
Noah Wahlstrom
Top Newcomers: Eddie Werner
MVP: AJ Wiegand & Vincent Walsh
2017 Winter: Most Improved: Casey Moddrell, Gabe Martinez, Nahom Gebretatios
Top Newcomer: Epic Snow
MVP: Gunnar Beyer

CAMP DETAILS

Location: Hanford HS
Weight Room
Dates: June 13-15 &
June 20-Aug. 10
(Regular Time)
Time: HS Males 7-9 AM
MS Male 9-10 AM
Camp Fee: \$80 (includes
camp t-shirt)
Payment: Cash, Checks,
Debit, Credit,
Online
Player Gear: Athletic shorts,
athletic shirt,
athletic shoes

REGISTRATION INFORMATION

Registration and payment can be delivered or sent by mail to Hanford High School, or **ONLINE:**
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, & CREDIT/DEBIT
ONLINE: <https://wa-richland.intouchreceipting.com/>

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. 2nd
- *Midnight Lift, July 30th
- *Agility, plyometric, speed & power training
- *Marine Corp Combat Challenge, Aug. 1st
- *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 XL XXL

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.