

# Las Vegas High School Wildcat Football Freshmen Football Camp

2001, 2003, 2004, 2005, 2006, 2007, & 2008 Sunrise Champions—2003 & 2004 State Championship Runners up—2001, 2005, & 2006 Nevada State Champions



The Las Vegas High School Football Program will conduct weight training and conditioning this summer for all incoming freshmen who are planning to play during the 2012 football season. The summer weight training and conditioning program has been an integral part of the **success** of the LVHS Football Program. Each practice, the LVHS football coaching staff will work with your son on weight training, agilities, plyo-metrics, conditioning, team competitions, and football skills. Attending these workouts are an integral part of becoming a successful student athlete at Las Vegas High School.

## Summer Weight Training and Conditioning Dates:

- Workouts will start on Monday, June 11th
- Workouts will be from 7:00 am to 10:45 am — days of week TBD
- Last day of workouts is Tuesday, July 31st (tentatively)

For more information contact Coach Thurman at 799-0180 ext. 4099 or visit [LVHSFOOTBALL.COM](http://LVHSFOOTBALL.COM)

The cost for each athlete is \$75. This includes full instruction by LVHS football staff and a T-shirt for those who attend a minimum of **15** workouts. Las Vegas High School accepts only cash, money orders, debit cards, and credit cards. **NO PERSONAL CHECKS!**

To pay with cash, see Coach Thurman in the LVHS Weight Room.

To pay with a debit or credit card, you may pay the school banker or visit:

[http://webstores.activenetwork.com/school-software/wildcat\\_store/](http://webstores.activenetwork.com/school-software/wildcat_store/)

To pay by money order, send your payment to:

Coach Thurman  
Las Vegas High School  
6500 E. Sahara Avenue  
Las Vegas NV 89142

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## 2012 LVHS Freshmen Summer Weight Training and Conditioning Sign-up

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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

T-Shirt Size: M L XL XXL XXXL **Parent/Guardian** Email: \_\_\_\_\_

In consideration of your acceptance of enrolling in summer workouts, I hereby, for myself, heirs, executors, or administrators waive and release any and all claims or damages, or injuries I may have against Las Vegas High School and the Clark Country School District for all injuries sustained by me. By my signature, I hereby acknowledge reading and understanding of the implications of this clause.

\_\_\_\_\_  
(Parent or Guardian Signature if under 18)

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Signature of Athlete

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