Morton Ranch High School Strength and Conditioning (C)



MRHS SAC CAMP - SESSION 1 (HS - Boys & Girls)

Camp Start Date: April 21, 2021 Start Time: 8:30:00 AM

Camp End Date: July 15, 2021 End Time: 10:00:00 AM

Date Details: CAMP DATES: JUNE: 1-4, 7-10, 14-17, 21-24, 28-30 JULY: 1, 12-15. NO CAMP: JULY 5

Venue Name: MRHS-Maverick Stadium

Venue Address: 21000 Franz Rd, Katy, TX 77449

Camp Cost: \$125.00

Questions: Coach Ron Counter ronaldacounter@katyisd.org (281) 237 - 7920

Special Notes:

All MRHS athletes, and all MDJH, MRJH, and KJH athletes zoned for Morton Ranch HS are encouraged to attend. We are excited to have the opportunity to work with you as you prepare for athletics at Morton Ranch High School. This camp will give you the chance to develop your speed and agility, and also increase your strength and mental toughness. It is a great asset for you before the school year begins. REGISTRATION FOR SAC CAMP CAN BE FOUND BY LOGGING INTO RANK ONE AT THE FOLLOWING LINK: https://katyisd.store.rankonesport.com/Camp/List. PAYMENT FOR SAC CAMP CAN BE MADE AT THE FOLLOWING LINK: https://katyisd.revtrak.net/mrhs-strength-and-conditioning-camp A CURRENT PHYSICAL DATED between May 2019 & July 31, 2021 WILL BE REQUIRED IN ORDER TO PARTICIPATE. PHYSICALS: For students entering 7th grade, please upload your completed physical at: katyisd.rankonesport.com ONLINE FORMS: Please complete your online forms after April 26th 2021 (needed for 2021-22 school year) These are available for you to complete at: katyisd.rankonesport.com BRING A 1 GALLON WATER JUG: It will be up to each individual athlete to bring hydration before beginning of workouts each day. INCLEMENT WEATHER: Camp will be held if at all possible. Weather alerts may cause cancellation of some parts.

Medical Info:

TO BE COMPLETED IN RANK 1 **FOR STUDENT TO BE REGISTERED FOR SAC CAMP** KISD ATHLETICS PARENT/GUARDIAN HOLD HARMLESS AGREEMENT I agree to indemnify and hold harmless Katy Independent School District, any employee, administrator and/or board member from actions or lack of action regarding any accident, injury, or illness, damage to your property or any other medical condition resulting in my participation in the following activity: MRHS SAC CAMP I understand if I am a member or a parent/guardian of a member of the MRHS SAC CAMP the District Insurance does not cover any injuries sustained while participating in this event. Any and all medical claims must be filed with the participant's "private insurance carrier†if available. I agree to indemnify and hold Katy Independent School District its trustee's officers, employees or agents harmless from any and all claims against Katy Independent School District its trustees, officers, employees or agents made by third parties which result from the abovenamed person's actions while participating in this event. Furthermore, I hereby expressly release and agree to hold harmless on my behalf and on behalf of the above named person, the Katy Independent School District, its trustees, officers, employees or agents from all claims or actions of whatsoever nature, in tort or in contract, that I or the above named person ever had, now has or may have in the future against the Katy Independent School District its trustees, officers, employees or agents which result from the above named person's participation in this event. In consideration of the above-named person being permitted to participate in this program, I expressly waive all claims to which I may otherwise be entitled, including but not limited to, claims for medical expenses and wages. I recognize that the Katy Independent School District, its trustees, officers, employees or agents have sovereign immunity and governmental immunity under Texas Law. I understand that the Katy Independent School District, its trustees, officers, employees or agents are not waiving any sovereign or governmental immunity that it or they have under Texas or other applicable law. I have read this release and understand all its terms. I have executed it voluntarily and with full knowledge of its significance.