

Barbers Hill I.S.D.
Summer 2009
Strength and Conditioning Program
Middle School Boys and Girls & High School Boys and Girls

Purpose: To improve Strength, Speed, Agility, and Explosiveness

Site: High School Weight Room

Dates: June 1st through July 17th (Monday through Thursday of each week)
(Will have a break the week of June 29th through July 3rd)

Morning Sessions: Middle School Boys and Girls (7th and 8th Graders) - 8:00 AM to 9:30 AM
High School Girls (9th through 12th Graders) - 10:30 AM to 12 PM

Evening Session: High School Boys (9th through 12th Graders) - 5:30 PM to 7:00 PM

Cost: **\$100.00 per student**

Discounts: **Reduced Lunch Program - \$50.00** (Must qualify by school guidelines)

Free Lunch Program - no cost (Must qualify by school guidelines)

Family Discount:

First family member - \$100.00

All other family members - \$75.00 each

SUMMER
STRENGTH AND CONDITIONING PROGRAM

PARTICIPANT'S NAME _____

PARENT or GUARDIAN'S NAME _____

PHONE NUMBER _____

GRADE 2009-2010 _____

T-SHIRT SIZE _____

COST (If mailed: Send check or money order Only) \$ _____

Make check or money order payable to: **Barbers Hill Athletic Department**

Mail or Return to: Attn: Don Price - Athletic Department
Barbers Hill ISD
P.O. Box 1108
Mont Belvieu, TX 77580

Further information:
281-576-2221 ext. 1221
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