



EAGLES



STRENGTH & CONDITIONING SUMMER 2023

JUNE 27 - AUGUST 10

TUESDAY - THURSDAY

HS: 9:15 - 10:30 AM, MS: 10:15 - 11:30 AM

Program Off Dates: July 4, July 25 - 27

Open to all incoming 6th - 12th grade students

for the 2023-24 school year

Register to Attend Through FinalForms Registration



What you will need:

Workout Clothes, Gym Shoes, Personal Water Bottle

How much is it to attend?

FREE!

FOR MORE INFORMATION, CONTACT COACH JOHNSON

johnsone@eaglepnt.k12.or.us

BUSING INFORMATION COMING SOON

EPHS STADIUM & WEIGHT ROOM

203 N PLATT AVE EAGLE POINT

SUMMER PROGRAM GOAL

AS A STAFF IT IS OUR GOAL TO HAVE A STRONG ATHLETIC PROGRAM. ON AND OFF THE FIELD, FROM THE BOTTOM UP! THE SUCCESS OF THE PROGRAM STARTS WITH THE COMMITMENT TO CAMPS LIKE THIS! THIS TRAINING PROGRAM CAN RESULT IN INJURY TO THE PARTICIPANT. ALTHOUGH EVERY PRECAUTION WILL BE TAKEN, PARTICIPANTS CAN BE INJURED WHILE PARTICIPATING. I HEREBY AUTHORIZE THE DIRECTORS OF THE EAGLE POINT HIGH SCHOOL TO ACT ACCORDING TO THEIR BEST JUDGMENT IN ANY EMERGENCY REQUIRING MEDICAL ATTENTION. AS LEGAL PARENT/GUARDIAN, ON BEHALF OF RESPONSIBLE PARTIES AND MY CHILD, I HEREBY RELEASE AND AGREE TO HOLD HARMLESS EAGLE POINT HIGH SCHOOL, ITS EMPLOYEES AND TRAINING STAFF OF ANY INJURIES INCURRED DURING MY CHILD'S ATTENDANCE DURING THE SUMMER PROGRAM. I ACKNOWLEDGE THAT EAGLE POIN HIGH SCHOOL AND ITS PROGRAM ORGANIZERS DO NOT PROVIDE INSURANCE OF ANY KIND FOR THE PARTICIPANTS. MY SIGNATURE ON THE REGISTRATION FORM ACKNOWLEDGES ACCEPTANCE OF THE DETAILS OUTLINED. HEREIN.