



**Lady Panther Power  
Strength and Conditioning  
7th through 12th Grade**

**6 Week Program:**

Week 1	June 6 - 9		July 4 - 7 CLOSED
Week 2	June 13 - 16	Week 5	July 11 - 14
Week 3	June 20 - 23	Week 6	July 18 - 21
Week 4	June 27 - 30		

**Session Time: 8:00 - 9:00 am  
Location: Bullard Middle School Gym  
Cost of the camp is \$25**

**Athlete Name:** \_\_\_\_\_

**Grade for 2022-2023:** \_\_\_\_\_ **Parent Cell:** \_\_\_\_\_

**Parents Name:** \_\_\_\_\_

**Parent Email:** \_\_\_\_\_

**Send Registration To:**

**Bullard Athletics  
Attn: Cristy O'Bannon  
1426 S Houston St  
Bullard, TX 75757**

**\*\*Make checks payable to Cristy O'Bannon\*\***

The Panther Power Camp will be run by Bullard ISD coaching staff and focus on:

**Power & Strength-** athletes will engage in a weight program to increase explosive power and strength under the supervision of coaches

**Speed & Agility-** drills with an emphasis on acceleration, change of direction and maximum speed

**Flexibility and Mobility-** athletes will increase muscle flexibility and mobility through proper mechanics and exercises designed to increase full range of motion

**Injury Prevention-** athletes will use increased flexibility, mobility, core strength and proper mechanics to reduce the likelihood of future injuries

**Disclaimer: I will not hold Bullard ISD or any camp staff liable for any damages, losses, or injury, which might result from my child's participation in the camp; I hereby grant permission for the camp staff to secure medical services for my child if necessary.**

**Parent Signature:** \_\_\_\_\_