

2018 Bixby Band Boot Camp

Hosted by BYFA Coach Naugle

First aid trained, health and safety and heat illness prevention certified with USA football.

Dates: Tuesday and Thursdays starting June 12th ending June 28th

Times: 6:30pm – 7:30pm

Location: Band practice area

Boot Camp Schedule:

- Week 1 – heat acclimation week, importance of stretching, body health and safety, light conditioning.
- Week 2 – stretching, medium conditioning.
- Week 3 - stretching, conditioning.

Registration and Release Form

Please complete and return at the start of boot camp.

I, the undersigned, as a parent and/or guardian of _____, a minor, ask that he/she be admitted to participate in this boot camp sponsored by Coach Naugle. In consideration of such admission, I do hereby agree to release, discharge, and hold harmless Coach Naugle, Bixby Public Schools, its officers, agents, and employees of and from all causes, liabilities, damages, claims, or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor's attendance at the band camp.

Parent Name: _____

Emergency Contact#: _____

Address: _____

Email: _____

Entering Grade: _____

Parent's/Guardian's Signature: _____

Date: _____