

# 2019 Bixby Band Boot Camp

## Hosted by BYFA Coach Naugle

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

Dates: Tuesdays & Thursdays, June 18, 20, 25 & 27 – AND – July 9 & 11, 2019

Times: 6:30pm – 7:30pm

Location: Band practice field

### 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 boot camp.

**Parent name:** \_\_\_\_\_

**Emergency contact #:** \_\_\_\_\_

**Address:** \_\_\_\_\_

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

**Entering grade:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_