



Freetown – Lakeville Community Recreation Department

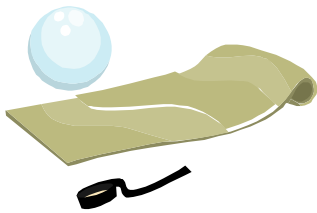
Summer Laker Strength & Conditioning Camp



Grades: 9 – 12 (Going into 08/09 school year)
 When: June 30 – August 15
 Monday, Tuesday, Wednesday, Thursday & Friday
 (No Class on July 4)
 Time: 7:00 a.m. – 9:00 a.m.
 Location: Apponequet High School (Weight Room)
 Fee: \$160 Residents / \$185 Non-Residents

Grades: 7 & 8 (Going into 08/09 school year)
 When: June 30 – August 15
 Mondays, Wednesdays and Fridays
 (No Class on July 4)
 Time: 9:30 a.m. – 11:00 a.m.
 Location: Apponequet High School (Weight Room)
 Fee: \$90 Residents / \$115 Non-Residents

Develop a level of personal fitness that will allow an opportunity to be successful at whatever activity you choose. A knowledgeable staff, directed by Head Trainer, Dave Nasiff, will provide participants with sports specific training to help them reach maximum performance. All campers receive a camp T-shirt.



Athletic training utilizing various training methods: Weight Training - Medicine Ball Training - Stability Training - Aquatic Training - Speed & Agility Training - Balance Training - Endurance Training. (We are adding new equipment yearly).

Strength & Conditioning Camp: _____ Grades 9 – 12 / _____ Grades 7 – 8

Adult Shirt Size _____ **S** _____ **M** _____ **L** _____ **XL**

Name: _____ Grade: _____ Check # _____

Address: _____ Check Amount _____

Telephone _____ Emergency # _____

E-Mail: _____ Medical Conditions: _____

The above named youngster is in the appropriate physical condition and possesses the proper health insurance to participate in the activities that have been indicated.

I hereby release and save harmless the towns of Freetown and Lakeville, the Freetown – Lakeville Regional School Committee and the Freetown – Lakeville Regional School District any and all liability for any injuries, loss, or other claims arising out of or resulting from or incurred during the use of school facilities and property by the person or persons identified above. I agree, by my signature, to abide by the rules of fair play and good sportsmanship policies of the Community Recreation Program.

Parent / Guardian Signature: _____ Date: _____

Checks payable to FLRSD (Freetown-Lakeville Regional School District)

Return to School or Mail to:
 Freetown – Lakeville Community Recreation Department
 98 Howland Road, Lakeville, MA 02347

(508) 923-6446 / www.flcommrec.com