

## MEDICAL WAIVER

### Release and Medical Authorization

The release and the medical authorization must be signed by a parent or guardian; In order for students to participate in camp activities.

### Release of Liability

In consideration of the Broken Arrow Public Schools granting the student permission to participate in the camp, I hereby assume all risks of his/her personal injury that may result from camp activity. As parent/guardian, I do hereby release Broken Arrow Public Schools and all instructors and participants from all liabilities, including claims and suits at law or inequity, for injury which may result from the student taking part in the camp.

---

*Parent/Guardian Signature*

---

*Date*

### Medical Authorization

I hereby authorize and give my consent to the health authorities at the school to perform or administer and reasonable, necessary medical treatment to:

---

*Camper's Name*

I agree to assume all costs to such treatment. I understand that I will be responsible to any medical or other charges in connection with student's attendance at this camp.

---

*Insurance Company*

---

*Policy Number*

## DAILY SCHEDULE

### VARSITY SCHEDULE

7:00am – 10:00am

### JUNIOR HIGH SCHEDULE

9:00am – 11:30am

### YOUTH SCHEDULE

10:00am – 11:30am

## CHECK-IN

If necessary, Check-in will be held 45 minutes prior to your camp session on the first day of the camp. Report to the High School Stadium on the east side of the high school and prepare to work.

## WHAT TO BRING

Campers should bring comfortable workout gear along with a turf or tennis shoe. We will be utilizing the artificial turf of the Broken Arrow Stadium and the natural grass of the Broken Arrow practice fields. Sunscreen and a water bottle are recommended for all campers. In case of bad weather, players will be directed to a different location or the practice will be made up on another day.



## **BROKEN ARROW TIGER PRIDE SPEED & STRENGTH CAMP**

## **BROKEN ARROW TIGER PRIDE SPEED & STRENGTH CAMP**



### **MONDAY – THURSDAY**

**JUNE 15 – JULY 30**  
**Varsity (10-12)**

**JUNE 15 – JULY 30**  
**Junior High (7-9)**

**JUNE 22 – JULY 23**  
**Youth (2-6)**

## ABOUT THE CAMP

This camp is highly motivated toward the specific skills and development of speed, strength and agility. Conditioning will also be emphasized in order for each athlete to be in shape for their upcoming season next fall. This is a working camp; attendance, attitude and a willingness to work hard is a must. Players will be grouped according to their grade and skill level. It is time to step our game up and take it to the next level.

## INSTRUCTORS

Each camp will be taught and supervised by the Broken Arrow Varsity Football Staff along with selected coaches to help aid in the development of speed, strength, agility and conditioning.

### RON LANCASTER – CAMP DIRECTOR

- \*Member of the California Football Hall of Fame
- \*Over 300 career victories
- \*National Coach of the Year
- \*6 State Championships
- \*Rancho Cordova, Enid, Jenks, Sallisaw & Muskogee

## LOCATION

The Broken Arrow Tiger Pride Speed & Strength Camp will be held at the Broken Arrow High School Stadium. The stadium is located on 61<sup>st</sup> Street (Albany) and County Line Road in Broken Arrow. Each camp group will begin their day at a certain location to help parents with transportation drop off and location. Each participant is responsible for their own transportation to and from the school. There will be no shuttle buses provided.

## COST OF CAMP

VARSITY (Grades 10 – 12) June 15 – July 30  
**\$100 per student athlete**  
JR. HIGH (Grades 7 – 9) June 15 – July 30  
**\$100 per student athlete**  
YOUTH (Grades 2 – 6) June 22 – July 23  
**\$75 per student athlete**

*Make all check payable to:*

**Ron Lancaster Sports Enterprises**

## REGISTRATION

Complete the attached registration information which includes both the Camp Form and Medical Waiver Form and mail as soon as possible to:

### Ron Lancaster Sport Enterprises

**8313 E. 108<sup>th</sup> St.  
Tulsa, OK. 74133  
918-810-3442  
918-369-1094**

**For any questions, contact:**

**Broken Arrow Youth Football  
918-251-1015  
Broken Arrow Athletic Department  
918-259-4520**

## ELIGIBILITY

The Broken Arrow Tiger Pride Camp will be open to all athletes entering the 2nd – 12th grades. 9<sup>th</sup> Grade athletes may participate with the Varsity group with permission by the camp director only.

## CAMP FORM

**Please Print**

Name: \_\_\_\_\_

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Phone (Home) \_\_\_\_\_

Phone (Work) \_\_\_\_\_

### **Personal Information**

Ht: \_\_\_\_\_ Wt: \_\_\_\_\_

Age: \_\_\_\_\_ Grade Next Fall: \_\_\_\_\_

School: \_\_\_\_\_

T-Shirt Size: M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Additional sizes: \_\_\_\_\_

I hereby authorize the camp to act for me according to their best judgment in any emergency requiring medical attention. I hereby waive & release Broken Arrow Public Schools.

Parent / Guardian: \_\_\_\_\_

*Print*

Signature: \_\_\_\_\_

*Make all check payable to:*

**Ron Lancaster Sports Enterprises**

