

West Shore School District
Waiver of Liability

I hereby give consent for my child

child's name

to participate in the Cedar Cliff Football Speed School and declare that we have family insurance to cover any accidents that may occur.

I hereby release the West Shore School District, its directors, agents, and employees of all responsibility and liability, for loss or injury to his person or property.

I further understand that injuries are an inherent part of athletics and that participation in sport requires an acceptance of risk of injury and waive any claim against the school district for injuries incurred by the above-named student while participating in the Cedar Cliff Football Speed School.

The opinions expressed here are those of the Cedar Cliff Football Program and do not necessarily reflect the views of the West Shore School District. Distribution of information and/or display of material does not constitute endorsement of any product, service, organization, company, information provider, or content by the district.

Parent's Signature

Date

2017 Cedar Cliff Football

SPEED SCHOOL



11 as 1
"FEARLESS"

Mondays 6:00pm-7:00pm
June 26th through July 24th

**Location: Cedar Cliff
High School**

This camp is designed for athletes from Kindergarten to 8th grade. The camp will focus on building the following:

- *Proper running form*
- *Explosiveness*
- *Power production*
- *Lateral change of direction*
- *Acceleration/Deceleration*
- *Linear Speed*

Participants will engage in a variety of age appropriate dynamic drills and games. Please be sure to:

- *Bring Water and Stay Hydrated*
- *Bring Football Cleates and Sneakers*
- *Dress in Cool Clothing*

Cedar Cliff Football 2017
Speed School

Name

Street Address

City/State/Zip

E-Mail Address

Home Phone

Parent's Phone Number during Speed School

Age entering 2017-2018 School Year

Fee: \$25.00 per camper if received before 6/1/16

\$30.00 Registration after 6/1/16

Make checks payable to: Cedar Cliff Football Booster Club

Send this application with payment to:

Coach Colin Gillen
133 Allendale Way
Camp Hill, PA 17011