

# Forbes and Benold Girls Summer Strength & Conditioning & Skills Camp

**Camp Start Date:** June 3, 2024

**Start Time:** 8:15:00 AM

**Camp End Date:** July 17, 2024

**End Time:** 10:45:00 AM

**Date Details:** Camp is Mondays - Wednesdays. Camp will be closed July 1-3.

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**Venue Name:** Forbes Middle School

**Venue Address:** 1911 NE Inner Loop, Georgetown, TX 78628

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**Camp Cost:** \$150.00

**Questions:** Kristy Schreiber [schreiberk@georgetownisd.org](mailto:schreiberk@georgetownisd.org)

## Special Notes:

Credit card payments only, NO CASH OR CHECKS ACCEPTED.

Camp for incoming Forbes and Benold 7th and 8th grade girls.

Inform Coach of any health/medical issue(s).

Students new to GISD, incoming 7th graders, and any other student who did not have a physical on file in the 23-24 school year, WILL need to obtain a physical dated after May 1, 2024. GISD students who had a cleared athletic physical on file with the school district in the 23-24 school year, do not need to obtain a new athletic physical for Summer Strength & Conditioning Camps. Parents drop off behind Forbes Middle School at the picnic tables across from the tennis courts.

Please bring a water bottle labeled with name.

Week 1: June 3-5, Week 2: June 10-12, Week 3: June 17-19, Week 4: June 24-26, Week 5: July 8-10, Week 6: July 15-17.

Athletes will lift in the weight room and perform speed/agility/endurance exercises everyday and will practice volleyball and basketball skills alternately.

## Medical Info:

Waiver of Claims: I, as parent or guardian, hereby give permission for my child to participate in the Georgetown ISD summer camps selected above and acknowledge the fact that he/she is physically able to participate in camp activities. I/We hereby waive any claim that I/We might have against Georgetown ISD, any of the Georgetown ISD schools, or any of its agents, which might arise from any injury, loss, or other damage my child may incur while on the property of Georgetown ISD.