



Track and Field Summer Lifting

Where: Saint Xavier Weight Room

Who: Open to all current or future Track and Field Athletes

When: Summer Tuesday and Thursdays from June 5 – June 26 / July 3 – July 24, 9-10:30 am – 8 weeks

Cost: \$60 per student

Register online: www.stxsportscamps.com

Register by mail: Send below information in with payment made to St. Xavier HS to Ivan Fulton,
600 W North Bend Rd, Cincinnati, OH 45224

OPEN WEIGHT ROOM

We would like to invite all students who are or are considering Track and Field to continue to improve their strength and fitness during the summer months. The program will be run by Coach Ivan Fulton, as we continue to strive to reach our full athletic potential.

Name: _____

E-Mail Address: _____

Address: _____

City: _____ State: _____ ZIP: _____

Parent(s) Daytime Phone #: _____

Age: _____ Grade (Next Year): _____

MEDICAL RELEASE FORM

The undersigned further agree(s) and understand(s) that my/our son participates in the St. Xavier High School Track and Field Summer lift at his own risk, and that the undersigned my/our son's behalf and my/our behalf, assume full responsibility for any injury, loss, or damages incurred in connection with said St. Xavier High School Track and Field Summer Lifting. The undersigned also agree(s) to forever release, discharge, and covenant to hold harmless the School, it's Trustees, teachers, employees, agents and any other parent or volunteer who participates as a chaperone or other assistant in connection with the St. Xavier Track and Field Summer Lifting, their heirs, administrators, executors, successors, or assigns, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action belonging to the undersigned or the Student that in anyway and at any time arise out of the Student's participation in the St. Xavier Track and Field Summer Lifting.

Mother Sign _____ Date _____

Father Sign _____ Date _____