

# War Eagle Speed & Power Camp

**Cost: \$85** - Early registration (prior to June 5)

You must go to [www.orhswebstore.com](http://www.orhswebstore.com) to pay for this camp. If you are unable to pay through the webstore, you may pay cash or check with a \$10 late fee on the first day of camp. Make checks payable to ORHS. All checks must include the following to be accepted—date of birth, driver's license number, & phone number.

**T-shirt size (men's):**  S  M  L  XL  XXL

Player's name \_\_\_\_\_

Going to be in \_\_\_\_\_ grade

Parent's name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone number \_\_\_\_\_

Cell number \_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

If you have questions please contact  
Coach Mack Malone at Oak Ridge High School  
(832) 592-5300 or email [mmalone@conroeisd.net](mailto:mmalone@conroeisd.net)

## Insurance Waiver

Participant's name \_\_\_\_\_

Sport \_\_\_\_\_

Activity \_\_\_\_\_

Site of activity \_\_\_\_\_

In order for your child to participate in the **2017 Speed & Power Camp**, it is necessary for you to sign this statement indicating your understanding that the District **does not carry insurance** covering injuries that your child may sustain.

**The undersigned are the parent or legal guardians of:**

\_\_\_\_\_  
*Student name*

**Parent permission and release:** I authorize my child to participate in the activity described above. I hereby release CISD, its Board of Trustees, employees, agents, and volunteers from any claims or causes of action, including negligence, resulting from any damages or injuries to my child arising out of or resulting from my child's participation in this activity.

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

**Oak Ridge High School**  
Attention: Coach Mack Malone  
27730 Oak Ridge School Road  
Conroe, Texas 77385

# Oak Ridge High School



**2017  
War Eagle**

**Speed & Power  
Camp**

**Incoming students  
Grades 9 thru 12**

**2017 War Eagle Speed & Power Camp**

## Strength & Conditioning Objectives

The War Eagle Speed & Power Camp is available to all incoming 9th - 12th grade students. This camp is open to both boys and girls of all sports. It is a six-week camp designed to maximize each athletes abilities. By attending this camp you will gain an advantage over your opponents by increasing athletic capabilities, power, body coordination, and movement efficiency.

### Athletes will learn:

- To incorporate sound training principles into drills to develop maximum acceleration.
- Proper strength training progressions to become a more powerful athlete.
- Beneficial speed, agility and acceleration drills to develop maximum performance.
- The important role that proper nutrition and fitness levels play in the development of self-esteem and lifetime wellness.
- The importance of strength training in reduction of injury.

### A Typical Workout

- Warm-up with jump rope drills, speed ladder drills, footwork drills, shoulder flexibility exercises and dynamic flexibility.
- Abdominal and mid-section conditioning.
- Lifting session, individualized lifting program based on age and ability level.
- Plyometrics and jumping drills.
- Agility, speed and conditioning drills.
- Passive flexibility and cool down.
- Workout session ends.



## War Eagle Speed & Power Camp

Incoming students grades 9 thru 12

**June 5 - July 20, 2017**  
Monday thru Thursday

Session 1: 7 - 9 a.m.

Session 2: 8 - 10 a.m.

Session 3: 9 - 11 a.m.

**\$85 tuition**

*Campers should wear shorts, t-shirt, cleats and flat-bottom running shoes to all workout sessions.*

Camp Director .....Mack Malone

Camp Staff.....ORHS Coaching Staff



**“The Future is Purchased by the Present”**

- Samuel Johnson

The Conroe Independent School District (District) as an equal opportunity educational provider and employer does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in educational programs or activities that it operates or in employment matters. The District is required by Title VI and Title VII of the Civil Rights Act of 1964, as amended, Title IX of the Education Amendments of 1972, the Age Discrimination Act of 1975, as amended, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act, as well as Board policy not to discriminate in such a manner.

For information about Title IX rights or Section 504/ADA rights, contact the Title IX Coordinator or the Section 504/ADA coordinator at 3205 W. Davis, Conroe, TX 77304; (936) 709-7752.



**CONROE**  
INDEPENDENT  
SCHOOL DISTRICT

# War Eagle Speed & Power Camp

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**T-shirt size (men's):**  S  M  L  XL  XXL

Player's name \_\_\_\_\_

Going to be in \_\_\_\_\_ grade

Parent's name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone number \_\_\_\_\_

Cell number \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian signature \_\_\_\_\_ Date

If you have questions please contact  
Coach Mack Malone at Oak Ridge High School  
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## Insurance Waiver

Participant's name \_\_\_\_\_

Sport \_\_\_\_\_

Activity \_\_\_\_\_

Site of activity \_\_\_\_\_

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\_\_\_\_\_  
Student name

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\_\_\_\_\_  
Parent/Guardian signature \_\_\_\_\_ Date

**Oak Ridge High School**  
Attention: Coach Mack Malone  
27730 Oak Ridge School Road  
Conroe, Texas 77385

# Oak Ridge High School



## 2017 War Eagle Speed & Power Camp

Incoming students  
Grades 7 and 8

**2017 War Eagle Speed & Power Camp**

## Strength & Conditioning Objectives

The War Eagle Speed & Power Camp is available to all incoming 7th and 8th grade students. This camp is open to both boys and girls of all sports. It is a six-week camp designed to maximize each athlete's abilities. By attending this camp you will gain an advantage over your opponents by increasing athletic capabilities, power, body coordination, and movement efficiency.

### Athletes will learn:

- To incorporate sound training principles into drills to develop maximum acceleration.
- Proper strength training progressions to become a more powerful athlete.
- Beneficial speed, agility and acceleration drills to develop maximum performance.
- The important role that proper nutrition and fitness levels play in the development of self-esteem and lifetime wellness.
- The importance of strength training in reduction of injury.

### A Typical Workout

- 5:30 p.m. Warm-up with jump rope drills, speed ladder drills, footwork drills, shoulder flexibility exercises and dynamic flexibility.
- 5:40 p.m. Abdominal and mid-section conditioning.
- 5:50 p.m. Lifting session, individualized lifting program based on age and ability level.
- 6:20 p.m. Plyometrics and jumping drills.
- 6:30 p.m. Agility, speed and conditioning drills.
- 6:55 p.m. Passive flexibility and cool down.
- 7:00 p.m. Workout session ends.



## War Eagle Speed & Power Camp

Incoming students grades 7 and 8

**June 5 - July 20, 2017**  
Monday thru Thursday  
5:30 - 7:00 p.m.

**\$85 tuition**

*Campers should wear shorts, t-shirt, and flat-bottom running shoes to all workout sessions.*

**Camp Director ...**JD Hurd

Travis Ling

**Camp Staff .....**Coaching Staff

Irons & York junior highs



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