



GIRLS ATHLETICS

SUMMER SUCCESS 2009

Grade in 2009-2010
9, 10, 11, 12

Days
Mon-Thur

Time
8:30-10:00

Dates
June 29th-July 23rd

MAKE CHECKS PAYABLE TO: GPISD \$50

GOPHER SUMMER SUCCESS IS A HIGHLY ORGANIZED, HIGH INTENSITY SUMMER CONDITIONING PROGRAM SPONSORED BY THE GRAND PRAIRIE INDEPENDENT SCHOOL DISTRICT. IT IS DESIGNED TO HELP INCREASE YOUR DAUGHTERS SPEED, STRENGTH, ANAEROBIC CONDITIONING, AGILITY AND FLEXIBILITY. THIS PROGRAM WILL GREATLY INCREASE THEIR CHANCES OF SUCCESS WHEN SCHOOL STARTS. A VARIETY OF TRAINING METHODS WILL BE USED INCLUDING WEIGHT TRAINING, SPEED TRAINING, PLYOMETRICS, AGILITY, ETC.

FILL OUT THE BOTTOM PORTION AND BRING IT WITH YOU THE FIRST DAY YOU COME

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GOPHER SUMMER SUCCESS REGISTRATION FORM

My daughter, _____, has my permission to participate in the gopher summer success program. My \$50 made payable to GPISD will accompany this information/permission sheet and will be turned into the gopher coaching staff on or before the first day of instruction.

I specifically waive, give up and release the instructors and school from any liability for any claim or financial responsibility for any damages which my daughter may have for injuries and illness that she may sustain at or traveling to and from school. In the event of an emergency in which my daughter requires medical attention, I authorize the staff to act for me.

ATHLETES NAME _____ DATE _____

PARENT OR GUARDIAN SIGNATURE _____

GRADE IN 2009/2010 _____ EMERGENCY PHONE # _____

IF YOU HAVE ANY QUESTIONAS CALL 972-809-5772