

**2019 Lakers Strength and Conditioning Summer Camp for Grades 9 – 12 with Varsity Coach Zane Fyfe**

(One 6-week session or two 3-week sessions)



**Grades:** – 12 (in fall 2019) – No college students  
**Days of Week:** Monday Through Thursday (NO CAMP ON FRIDAYS)  
**Dates for July Session 1:** July 8 to 25  
**Dates for August Session 2:** July 29 to August 15  
**Time and Location:** 7:30 – 9:30 a.m. @ Apponequet Regional High School Weight Room  
**Total Fee for 6 Week Session: \$180** (\$10 non-refundable registration fee + \$170 for both session = \$180)  
**Total Fee for 3 Week Session: \$100** (\$10 non-refundable registration fee + \$90 per 3-Week session = \$100)



**You will not be able to participate in the camp unless a registration form has been received along with payment.** Payment options are available. Please contact Diane Czapiga at [dczapiag@freelake.org](mailto:dczapiag@freelake.org). Siblings will each receive a \$5 discount for each sibling attending the Strength and Conditioning Camp. **There are NO refunds or discounts for going on vacation.** Whether you are here at camp or not, the total fee must be paid!



*A knowledgeable staff will provide participants with sports specific training to help them reach maximum performance. Participants will develop a level of personal fitness that will allow an opportunity to be successful at whatever activity you choose. All campers receive one FREE Strength and Conditioning Camp T-shirt. Please bring a water bottle. Campers will learn various training methods such as: Weight Training - Medicine Ball Training - Stability Training - Speed & Agility Training - Balance Training - Endurance Training.*

Any questions, call Diane Czapiga, Campus Programs Director, at (508) 923-2000, Ext. 1719 or: [dczapiga@freelake.org](mailto:dczapiga@freelake.org). Visit our website [www.freelake.org](http://www.freelake.org), Parents & Community Tab, and then click on Campus Programs Department for updated summer camp information.

Online payment link: under Comm Rec Campus Programs Strength & Cond (Grades 6 – 8): “[UNIPAY](#)” website

To receive a camp T-shirt, the \$10 non-refundable registration fee and registration form must be submitted by Monday, June 17, 2019.

Balance must be paid by July 8, 2019.

**2019 Lakers Strength and Conditioning Summer Camp (Grades 9-12)**

(Please check) \_\_\_\_\_ 6-week Session = \$180 / or \_\_\_\_\_ July Session 1 = \$100 / or \_\_\_\_\_ August Session 2 = \$100

Name: \_\_\_\_\_ Grade (in fall): \_\_\_\_\_ Online Payment: \_\_\_\_\_ or Check No: \_\_\_\_\_

Address: \_\_\_\_\_ Check Amount: \_\_\_\_\_

Telephone: \_\_\_\_\_ Emergency Contact and #: \_\_\_\_\_

E-Mail (print clearly): \_\_\_\_\_ Medical Conditions: \_\_\_\_\_

I hereby release and save harmless the towns of Freetown and Lakeville, the Freetown – Lakeville Regional School Committee and the Freetown – Lakeville Regional School District any and all liability for any injuries, loss, or other claims arising out of or resulting from or incurred during the use of school facilities and property by the person or persons identified above. I agree, by my signature, to abide by the rules of fair play and good sportsmanship policies of the Campus Programs Department.

Parent / Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Checks payable to FLRSD (Freetown-Lakeville Regional School District)**

Return Form & Payment to Diane Czapiga at Campus Program Dept  
Mail to: Diane Czapiga  
Campus Programs Dept  
112 Howland Road  
Lakeville, MA 02347

**(Office Use Only)**

Session 1: Date paid in full: \_\_\_\_\_ / Amount: \_\_\_\_\_ / Check #: \_\_\_\_\_

Session 2: Date paid in full: \_\_\_\_\_ / Amount: \_\_\_\_\_ / Check #: \_\_\_\_\_

6-week Session: Date paid in full: \_\_\_\_\_ / Amount: \_\_\_\_\_ / Check #: \_\_\_\_\_