

**Plano East Panthers**



**2008  
EASTSIDE  
SUMMER STRENGTH  
AND SPEED  
PROGRAM**

**JUNE 9TH – JULY 17TH  
MONDAY THROUGH  
THURSDAY**

**Plano East Senior High  
Activity Center  
3000 Los Rios Blvd  
Plano, TX 75074**

**Plano East Summer Strength/Speed Program  
Coach Johnny Ringo  
3000 Los Rios  
Plano, TX 75074**

**Non-Profit Org.  
US Postage  
PAID  
Plano TX  
Permit # 413**

**I N F O R M A T I O N**

**Instructors:** The Plano East Panther coaching staff will provide the very best in cutting edge techniques for developing strength, speed and conditioning in athletes for all sports.

**Program Objectives:** This six week program is designed to improve each athlete's strength, speed, agility, conditioning, and power. By achieving these goals each athlete will improve his/her overall self confidence and become a stronger and faster athlete.

**Equipment:** Each athlete should wear a good pair of running shoes, shorts, and a t-shirt. All other equipment will be provided. Water is provided but it is recommended athletes bring their own water as well.

**Training:** Training will include the use of speed enhancing equipment, agility specific drills, sport specific conditioning, and a weight training program designed with olympic and power generating exercises as its core lifts.

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_ Apt# \_\_\_\_\_

City \_\_\_\_\_ State/ZIP \_\_\_\_\_

Home# \_\_\_\_\_

Fathers Name \_\_\_\_\_ Work# \_\_\_\_\_

Mothers Name \_\_\_\_\_ Work# \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency# \_\_\_\_\_

School Now Attending \_\_\_\_\_

School Attending Fall 2008 \_\_\_\_\_

Age Now: \_\_\_\_\_ Grade in Fall 2008 \_\_\_\_\_

**A P P L I C A T I O N**

**COST:** \$195.00

**CAMP DATES:** June 9th - July 17th  
(Mon, Tues, Wed, Thurs)

**LOCATION:** Plano East Senior High Activity Center

**SESSION TIMES:**

I - A 8:00 am to 10:00 am (Incoming 7-8 Grade Boys)

I - B 8:00 am to 10:00 am (Incoming 9-12 Grade Boys)

I - C 8:00 am to 10:00 am (Incoming 7-12 Grade Girls)

II - A 10:30 am to 12:30 pm (Incoming 7-8 Grade Boys)

II - B 10:30 am to 12:30 pm (Incoming 9-12 Grade Boys)

III 2:30 pm to 4:30 pm (Incoming 9-12 Graders)

**PLEASE CIRCLE ONE OF THE TIMES ABOVE  
INDICATING WHICH SESSION YOUR ATHLETE  
PREFERS TO ATTEND**

**MAKE CHECKS PAYABLE TO: Plano ISD**

**MORE INFORMATION:**

Johnny Ringo (Cluster AD) 469/752-9200  
Plano ISD Athletic Department 469/752-1085

**PAYMENT AND GENERAL INFORMATION**

***WE ACCEPT: Personal Checks, MasterCard or Visa.  
Return form and payment to your current campus coach or  
Mail to: Coach Johnny Ringo-Plano East Senior High-  
3000 Los Rios-Plano, TX 75074***

***If your check is dishonored or returned for any reason,  
we reserve the right to electronically debit your account  
for the amount of the check plus a processing fee of  
\$25.00 (or legal limit).***

CHECK \$ \_\_\_\_\_ CHECK # \_\_\_\_\_

**CREDIT CARD INFORMATION**

Check one:  MasterCard  Visa

Card# \_\_\_\_\_

Exp. Date (MO/YR) \_\_\_\_\_

Authorized user Signature: \_\_\_\_\_

Date \_\_\_\_\_

**DO NOT SEND CASH NO REFUNDS  
NO EXCEPTIONS!**

**R E L E A S E O F L I A B I L I T Y**

In consideration of my participation in the Panther Summer Conditioning Program, I do hereby, release and discharge Plano ISD and all personnel thereof for all claims or damages, demand, action or whatsoever in any manner arising or growing out of my participation at the Panther Summer Conditioning Program. I attest and verify that I hereby release Plano ISD from any liability now or in the future. Including, but not limited to heart attacks, muscle strains or pulls, broken bones, shin splints, heat prostration, knee/lower back or foot injuries or any other illnesses, soreness or injury however caused, occurring during or after my participation in the exercise program. If, in fact, an injury that requires emergency medical attention occurs, I reserve the right for Plano ISD to take action through medical facilities in the area. Plano ISD reserves the right to discontinue an athlete's program at any time for any reason. I have read the information in full, and to the best of my ability understand the information above.

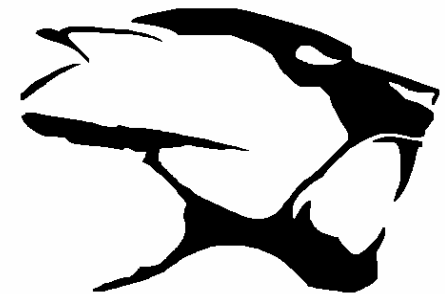
**SIGNATURE FOR RELEASE OF LIABILITY**

Participant \_\_\_\_\_

Date \_\_\_\_\_

Parent or Guardian \_\_\_\_\_

Date \_\_\_\_\_



**"There is no substitute for hard work"  
— Paul "Bear" Bryant**