

Fort Yuma Wellness Center

Strength & Conditioning Camp

2023

Athlete's Name: _____ Age: _____
 Grade entering: _____ Sex: Male / Female T-shirt size: _____
 Enrolled Tribal Member: Yes/No If yes, please specify tribe _____

Athlete's contact Number: _____ Home/Cell: _____

Does athlete have any recent medical conditions (asthma, allergies, broken bones etc.)?
 Yes/No

If yes, please specify: _____

Emergency Contact Information:

Contact Name: _____ Contact Number: _____

Assumption of risk and Social media consent:

I, the undersigned, acknowledge my child is in good health to participate in this sports program conducted by The Fort Yuma Wellness Center. I am fully aware of the dangers and possibilities of injury during any sporting event and release The Quechan Wellness Staff, The Quechan Indian Tribe, and it's volunteers from any liability that could occur during this program.

I also acknowledge, The Wellness Center will be taking various pictures/videos of all athletes during camp drills and exercises. I understand my child's Images taken will be subject to The Wellness Center's social media page and/or future flyers/infographics for promotional purposes only.

 Parent/guardian name (print) Date

 Parent/guardian signature Date

6th grade—12th grade
 Location: Fort Yuma Wellness Center
 (1890-A San Pasqual School Rd, Winterhaven, Ca 92283)
 June 13, 2023—July 20, 2023
 Camp Meets: Tuesday — Thursday
 Time: 7:30am to 10:00am
 Transportation is NOT provided

Program goals and notes:

- Speed, strength, and agility development
- Develop life-long exercise adherence
- Educate the importance of proper nutrition and hydration
- You may bring cleats, just remember we will also be inside weight-room. (no open- toe shoes allowed in facility)
- We will be exercising indoor and outdoors, please dress and hydrate accordingly

Contact information:

Michael (Lewis) Throssell, Wellness Center Supervisor
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