

Fort Yuma Wellness Center



2022

Strength & Conditioning Camp V

Athlete's Name: _____ Age: _____

Grade entering: _____ Sex: Male/Female Size: T-Shirt: _____

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 and its volunteers from any liability that could occur during this program.

The Wellness Center will be taking pictures/videos of athletes during drills . Images taken are to be placed on Wellness Center social media page for promotional purposes only. If you wish to have your child removed from such posts, please mark appropriate box below.

I give permission to use photo

I wish to have my child removed from posts

Parent/guardian name (print) Date

Parent/guardian signature Date

12yrs — 18yrs

Location: Fort Yuma Wellness Center

(1890-A San Pasqual School Rd, Winterhaven, Ca 92283)

12 Sessions

June 14, 2022—July 07, 2022

Meets: Tuesday — Thursday

Time: 7:30am to 10:00am

Cost: \$35 per athlete (Cash and debit accepted)

Transportation is NOT provided

Contact information:

Michael (Lewis) Throssell, Wellness Center Supervisor

760-572-4057, wellnesscenter@quechantribe.com

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.