



# ST. JOHN PAUL II HIGH SCHOOL

Athletic Director/Head Football Coach: Bradly Chavez

Email: [bchavez@jpiihighschool.org](mailto:bchavez@jpiihighschool.org)

Phone: 361-855-5744 ext.405 Fax: 361-855-5741



## ST. JOHN PAUL II CENTURIONS STRENGTH & CONDITIONING PROGRAM 2017

Coaches from STJPII athletic programs will be working with each student-athlete to help prepare them physically for their upcoming year. The program will be structured toward improving an all-around athlete and not a specific sport. The program will consist of strength, speed, agility, and conditioning exercises.

Dates: Weeks of 6/5, 6/12, 6/19, 6/26, 7/3, 7/10, 7/17

Days: Monday-Friday

Time: 5:00p.m. - 6:30pm; Female athletes grades 8-12

6:30p.m.-8:00p.m.; Male athletes grades 8-12

Where: St. John Paul II High School Athletic Facilities

Who: Female & Male athletes entering grades 8-12 at Bishop Garriga/St. John Paul II

Price: **FREE**

What is needed: Athletic attire and cleats (preferred)



### PARENTAL RELEASE FORM

I hereby release St. John Paul II High School and the Diocese of Corpus Christi and all of their respective officers, regents, trustees, employees, and agents of any kind from any and all liability for any acts or omissions, claims, causes of action, injuries, damages, or cost of expense regarding or relating to my child's participation in the above referenced activity.

I acknowledge and warrant that I have read and understand the foregoing and agree thereto.

\_\_\_\_\_  
Athlete's Name (Print)

\_\_\_\_\_  
Address

\_\_\_\_\_  
Custodial Parent or Guardian's (Print)

\_\_\_\_\_  
Custodial Parent or Guardian's (Print)

\_\_\_\_\_  
Emergency Contact Telephone Number

\_\_\_\_\_  
Athlete's Telephone Number (Cell Preferred)