

Dragon



Strength & Conditioning

Led by Sonoma Valley Coach Nick Pappas

June 10th – 28th (M – Th)

Open to boys and girls entering grades 9th-12th next school year

- Girls 9:00-10:00 am
- Boys 10:00-11:00 am

July 8th – 26th (M – Th)

- Girls 9:00-10:00 am
- Boys 10:00-11:00 am

*Proceeds from the clinic will directly fund the
Dragon Fitness Program*

See reverse side for registration information and form

Dragon Strength & Conditioning Camp

GIRLS SESSION

For: All girls entering 9th- 12th grade

Date: June 10 - 28, July 8 - 26th Monday - Thursday

Location: SVHS - Weight room

Time: 9:00 a.m.-10:00 a.m.

COST: \$150 for all 6 weeks or \$25 per week



BOYS SESSION

For: All boys entering 9th- 12th grade

Date: June 10 - 28, July 8 - 26th Monday - Thursday

Location: SVHS - Weight room

Time: 10:00 a.m.-11:00 a.m.

COST: \$150 for all 6 weeks or \$25 per week

The clinic is under the direction of Sonoma Valley Varsity Coach Nick Pappas. All campers will receive quality instruction in the fundamentals of strength and conditioning. The philosophy is to teach proper form and skills while also allowing campers to test their individual abilities. Most importantly, the camp's objective is to create a fun, safe, positive teaching environment that encourages learning, promotes sportsmanship and competition, and develops important life skills through an appreciation for fitness.

Forms and online registration at: www.sonomaschools.org/svhs

For more information contact either:

- Coach Nick Pappas: Email: npappas@sonomaschools.org
- Summer Krauss: Phone 707-933-4016 Email: skrauss@sonomaschools.org

.....cut here

Registration Form

Send completed registration form and fee to: SVHS Athletics, 20000 Broadway, Sonoma, CA 95476

No confirmation letters will be sent.

Name: _____ Age: _____ 2024/25 Grade: _____

Current School: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Mobile: _____

Parent Email: _____

Payment \$ _____ (check one)

___ Check make check payable to **SVHS Dragon Athletics**

___ Online <https://gofan.co/app/school/CA23061> or scan QR Code above

___ Cash

To Parents: I hereby authorize the staff of the Dragon Strength and Conditioning camp to act for me according to their best judgment in any emergency requiring medical attention. I, the parent/legal guardian of the above named camper, hereby acknowledge the participation in this camp, as in any sport, may result in accident and/or injuries. Even though there are risks involved, I still give my approval for the above named camper to participate in any and all camp activities. I expressly assume all risks and hazards incidental to such participation, and I do hereby waive, release, absolve, indemnify, and agree to hold harmless Dragon Strength & Conditioning Camp, its staff, suppliers, sponsors, participants of Sonoma Valley Unified School District for any claim arising out of injury or illness to the said camper, regardless of the cause.

Parent Name: _____ Signature: _____

Date: _____ Emergency Contact: _____ Phone: _____