



Dear Westwood Parents,

The Westwood Athletic Department will be hosting a 6 week camp focusing on speed, agility, strength, and dynamic conditioning.

This is an outstanding opportunity for our students to continue participating in a healthy lifestyle as well as becoming better athletes. The program is tailored towards each age group. While all ages will learn proper stretching, movement, as well as speed and agility drills, there will be different focuses for different ages. Grades 4th-6th will work on body weight movements while grades 7th-8th will add a component for learning proper lifting mechanics. The focus here will not be on lifting heavy weights, but learning proper lifting techniques for maximum gains and minimum risks.

We feel that the best way to improve ALL programs here at Westwood is to implement a proven training program that will benefit all athletes. In order to improve our programs, please consider enrolling your child in this camp.

WHAT - REBEL Strength and Conditioning

WHEN - 4th-6th Grade -

June 1st (1st day) @ 11am

June 3rd @ 11am

June 14th @ 11am

June 16th @ 11am

June 21st @ 11am

June 23rd @ 11am

June 28th @ 10am

June 30th @ 10am

July 5th @ 10am

July 7th @ 10am

July 12th @ 10am

July 14th @ 10am

- 7th-8th Grade -

June 1st (1st day) @ 10am

June 3rd @ 10am

June 14th @ 10am

June 16th @ 10am

June 21st @ 10am

June 23rd @ 10am

June 28th @ 10am

June 30th @ 10am

July 5th @ 10am

July 7th @ 10am

July 12th @ 10am

July 14th @ 10am

WHERE - Westwood Community School (Use the North Entrance)

COST - \$30

REGISTRATION - **\$30** -Checks Payable to Justin Hazard

If you have any questions, feel free to contact me.

Sincerely,

Justin Hazard

Assistant Boys Basketball Coach

Assistant Girls Track & Field Coach

Email: jhazard@wcsdrebels.com

****Registration Form on Back**

Registration Form and Parental Release

(Make checks payable to: Justin Hazard)

Grade (Fall 2021): 4 5 6 7 8

Name

Address

City

State

Zip

() _____
Home Phone

() _____
Cell Phone

Shirt Size (Youth Sizes) _____ S _____ M _____ L

(Adult Sizes) _____ S _____ M _____ L _____ XL _____ XXL

Registration and **\$30** must be returned
To myself, Justin Hazard by June 10th
****Present at school from 7am-12pm**
On days of Strength & Conditioning
(712) 259-4763

OR

Send Application with **\$30.00** to:
Westwood High School or Elementary School
Attn: Justin Hazard

Parental Release

I hereby release the Westwood School District and any of the Westwood camp workers from all claims resulting from any injuries which may be sustained by my son(s) / daughter(s) while attending the camp.
