

REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Age \_\_\_\_\_ Grade (2010-2011) \_\_\_\_\_

Adult T-shirt Size (circle one):

S    M    L    XL    XXL

Please detach and mail with \$125 to:

Viking Strength & Conditioning Camp  
P.O. Box 4929  
Attention: Alan Haire  
Lago Vista, TX 78645

Note: Make checks payable to LVISD.



  
Viking Camp  
P.O. Box 4929  
Lago Vista, TX 78645

Ninth Annual

# Viking Camp

## Summer Strength & Conditioning Program



**Students Entering  
9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grades Next Fall  
(2010-2011 School Year)**

**Monday through Thursday  
June 7<sup>th</sup>—July 15<sup>th</sup>  
7:30am-9:30am**

# Ninth ANNUAL Viking Camp

## VIKING CAMP Summer Strength & Conditioning Program

Students Entering 9<sup>th</sup>, 10<sup>th</sup>,  
11<sup>th</sup> and 12<sup>th</sup> Grades  
Next Fall (2010-2011)

Monday through Thursday

June 7-10, June 14-17,

June 21-24, June 28-July 1,

July 5-8, July 12-15

7:30am-9:30am

Cost: \$125.00

Dear Student-Athletes,

I would like to encourage you to attend this year's Viking Camp. I know that you want to give yourself the best chance to reach your full potential. The time and money invested in our camp will be worth it. The camp includes fundamentals and techniques of strength and speed development. The coaching staff here at Lago Vista is excited to have the opportunity to work with you during the summer vacation. We realize the success we experience during the year is a direct reflection of how we spend our time during the summer. Please consider joining us! We look forward to having a great time.

*Alan Haine*

Athletic Director/Head Football Coach



## HIGHLIGHTS

- Over the past several years, we have trained numerous All-State and All-District performers.
- The strength and conditioning program has been developed as a guide to lead you to become bigger, faster, and stronger. An emphasis will be made on enhancing your ability to perform during competition. This specially-designed course will help you achieve your dreams and goals. The program will improve you as an athlete and a person. However, the most important ingredient will be you! If you stay committed, the program will work.
- Each aspect of our training is taught and supervised by our staff.
- Campers will be grouped according to age, size and ability.
- Workouts will be geared toward each camper's strength and speed, with specific instruction on his or her individual development.
- Special sessions on drug and alcohol abuse prevention and academic performance will be taught.
- **Water will be provided.**