

2021 Bishop Louis Reicher

Cougar Nation Strength & Conditioning



Dates: June 7-July1 and July 12-22 (Monday –Thursday)

*The week of July 5-8 there will be no workouts

* The week of July 26-30 there will be no workouts

Location: Field House @ Bishop Louis Reicher

Eligibility: 10th-12th grade Boys (8:00am-9:30) - 7th-9th grade Boys | 7-12 Girls (10:00-11:30)

Cost: \$100.00

What To Bring: Football Cleats, Shoes, Water bottle, athletic Gear

Benefits: *Strength , Speed , Weights and Agility Training.

*Improving overall athleticism.

*Age and ability specific training.

Mail Form and Check to: Billy Overshown

Make Checks Payable to: 2102 N. 23rd St.

BLR Athletics-Football .Waco, TX 76708

Strength and Conditioning Camp

Name_____Grade Fall of 2021_____

Street_____ City_____ Zip_____

School Attending in Fall of 2021_____

Parent's Name_____ Work #_____ Cell #_____

Parent's Email _____

T-shirt size (please circle) Youth S M L XL
Adult S M L XL XXL

PARENTAL CONSENT: The signature below gives my consent for the mentioned athlete to participate in the Bishop Reicher High School Strength and Conditioning Camp. It is understood that even though preventive measures are taken, the possibility of an accident still remains. Bishop Louis Reicher and the coaching staff, or any other camp clinicians assumes not responsible should any accident occur.

PARENT SIGNATURE: _____