

## JUNIOR WILDCATS STRENGTH AND SPEED CLUB (SUMMER SESSION)

Walker High School will be offering workouts for those students in middle school this summer. This club is designed to improve athletic performance in **any sport**. Instruction will be provided by head football coach Chad Mahaffey and head strength and conditioning coach Bret Miguez. This camp will focus on proper weightlifting technique, spotting, flexibility, speed, and agility. Campers will learn the fundamentals of the explosive Olympic lifts that are most closely linked to improved athletic performance. Campers will be closely monitored at all times, and no camper will be overloaded with weights they cannot handle. The fee basically gains you access to the weight room and the instruction for the entire session when we will be holding workouts. You are welcome to come to as many of the sessions as you are able to attend. Membership in the Jr. Wildcats Club will be a great way to prepare your student athlete for their upcoming seasons and for them to learn to train like our high school teams.

Club Fee: \$140  
Club Ages: Grades 6-8  
Club Times: 12:45 – 2:15  
Club Dates: JUNE 6, 7, 9, 13, 14, 16, 20, 21, 23, 27, 28, 30 JULY 11, 14, 15, 18, 19, 21 (18 Sessions)  
Location: Walker High Field House / Weight Room

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Player Name \_\_\_\_\_ Age \_\_\_\_\_  
Parents Name \_\_\_\_\_ Home phone \_\_\_\_\_  
E-mail address \_\_\_\_\_ Cell phone: \_\_\_\_\_  
School \_\_\_\_\_ Upcoming grade in 2022-2023 \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Emergency Phone \_\_\_\_\_

### **Parent or Guardian Release of Liability**

The undersigned parent or guardian understands that the camper will be engaged in physical activity which contains a risk of physical injury and the undersigned assumes the risk and releases and holds harmless the Livingston Parish School Board and specifically those conducting the weightlifting camp, from any and all liability for personal injury, illness, or property damage incurred from participation in the camp. I hereby grant permission for my child to attend the Jr. Wildcats training sessions and be treated by a member of its staff in the event of an injury, illness, or other mishap. I have no knowledge of any physical impairment that would affect the named camper's participation in the camp program. I have also read, understand and accept the camp fees and refund policies.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

For questions, please contact coach Chad Mahaffey at (832) 477-6875 or email at [guy.mahaffey@lpsb.org](mailto:guy.mahaffey@lpsb.org)

Please fill out this form & email to [guy.mahaffey@lpsb.org](mailto:guy.mahaffey@lpsb.org) or mail back to: **Coach Chad Mahaffey**  
9677 Florida Blvd  
Walker, La. 70785

**Payment:** Checks can be made out to Chad Mahaffey or scan Venmo link below or go to Paypal link below  
**Paypal link:** [www.paypal.me/guymahaffey](http://www.paypal.me/guymahaffey) **(If using Paypal, please select friends and family).**  
**(Payments are non-refundable.)** (Include athlete name if paying on-line)

