



**Oakland Mills High School Booster Club  
Scorpion Fitness Camp  
July 12, 2010 to August 12, 2010**

OMHS Booster Club is again this year sponsoring a Fitness Camp open to all current OMHS Students entering Grades 10, 11 and 12 along with incoming Ninth Grade students entering OMHS from Middle School. The purpose of the Fitness Camp is to improve overall fitness levels in preparation for the start of Fall 2010 sports season. All students regardless of their specific sport are welcome.

**WHERE, WHEN AND WHAT:**

The Fitness Camp will be conducted Monday, Tuesday, Wednesday and Thursday evenings from 6:30 P.M. to approximately 8:15 P.M. at the OMHS track and practice fields. The Fitness Camp will last for five weeks to allow for progression and improvement in general fitness levels with particular emphasis on running and sprinting speed including timed miles and interval track training. Attendance is encouraged at all sessions but it is recognized that participants may be involved in other sports activities and vacations during the Summer and will miss sessions. Participants should come dressed in appropriate physical education attire (athletic shorts, tee shirts and running shoes) and hydration will be supplied at every session.

**WHY:**

The Fitness Camp is not meant to replace any sport specific activities or "Captain's practices" which teams may hold over the summer but is offered as a way for all OMHS student athletes to train for five weeks under a fitness program designed to improve their endurance, speed and agility. Participants will be grouped by current fitness level at the beginning of camp with the goal of improving speed and endurance in all levels of participants.

**Cost:** \$20 for the entire five week Fitness Camp. Cost is for insurance coverage and a camp tee shirt. No refunds for canceled sessions due to inclement weather.

**Information:** Contact your OMHS Varsity or JV Coach or Bob Grandfield, OMHS Boosters at [trackjam@aol.com](mailto:trackjam@aol.com) or 410-381-3574 for additional information or to enroll.

Sign up information is on back of this form. You may sign up the first night of camp.

**PARENT VOLUNTEERS WELCOME – COME OUT AND GET IN SHAPE!**

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Participant Name \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_

Email \_\_\_\_\_

Sports played or planning to play: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Phone Number(s) Home \_\_\_\_\_ Cell \_\_\_\_\_

Person to Contact in Emergency \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_ Home \_\_\_\_\_ Cell \_\_\_\_\_

Tee Shirt Size (check size) \_\_\_\_\_ Adult Small \_\_\_\_\_ Adult Med  
\_\_\_\_\_ Adult Lg \_\_\_\_\_ AdultxLarge

**Parental Agreement: I understand that by attending the OMHS Booster Club Scorpion Fitness Camp at Oakland Mills High School some injuries may occur. I will not hold Oakland Mills High School, the Administration, OMHS Boosters and/or Coaches of the Scorpion Fitness Camp liable for any such injuries.**

Name/Signature \_\_\_\_\_

Date \_\_\_\_\_

Please note that parents are asked to attend the first session on Monday, July 12, 2009 at 6:30 PM for approximately fifteen minutes to meet the Fitness Camp Coaches and discuss the camp activities.

Paid \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_

Checks payable to OMHS Booster Club: Bring Form to First Night July 12th or mail to Bob Grandfield, OMHS Booster Club; 9518 Angelina Circle, Col, MD 21045.