

Camp of Champs is open to any incoming 7<sup>th</sup> – 12<sup>th</sup> grade athlete who is planning to participate in Mabank athletics next year. The cost of the camp is as follows and includes a camp t-shirt.

- \$30 if register before June 4<sup>th</sup>
- \$40 if register after June 4<sup>th</sup>

Dates of camp are:

- Monday – Thursday
- June 11<sup>th</sup> – June 28<sup>th</sup>
- Off for holiday July 2<sup>nd</sup> – July 5<sup>th</sup>
- July 9<sup>th</sup> – July 26<sup>th</sup>

Registration Form:

\_\_\_\_\_  
ATHLETE NAME

\_\_\_\_\_  
PARENT NAME

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
PHONE

I hereby give permission for my child to participate in the Camp Of Champs. I hereby waive and release the Camp of Champs staff from any and all liability for injury or illness incurred. I give the on duty staff permission to act for me according to their best judgement in any emergency.

\_\_\_\_\_  
PARENT SIGNATURE

T-Shirt Size: \_\_\_\_\_ Youth or Adult  
(please circle one)

For Questions Contact:

- Coach Tracy Carter  
[tlcarter@mabankisd.net](mailto:tlcarter@mabankisd.net)
- Coach Zack Hudson  
[zbhudson@mabankisd.net](mailto:zbhudson@mabankisd.net)
- Coach Christie Shoulders  
[clshoulders@mabankisd.net](mailto:clshoulders@mabankisd.net)

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**MABANK PANTHER**

**CAMP OF CHAMPS**

Dates:  
Monday-Thursday  
June 11<sup>th</sup> - July 26<sup>th</sup>  
\*Off July 2<sup>nd</sup>-5<sup>th</sup>

Times:  
H.S. Boys & Girls: 7:00-9:00am  
H.S. Girls, J.H. Boys, & J.H. Girls:  
9:00-10:30am

All Athletes: 6:00-7:30pm

Location:  
Mabank High School  
Athletic Facilities

This fitness camp is intended not only to keep athletes in shape during the summer but also help prepare them for the upcoming school year by improving on their athletic performance.

Areas of Emphasis include:

- Character Building
- Strength
- Agility
- Core
- Speed & Quickness
- Endurance

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