

## CONSENT, WAIVER & RELEASE FORM

In consideration of my application being accepted, I, intending to be legally bound, do hereby, for myself, my heirs, executor and administrators, waive, release and forever discharge any and all rights and claims for damages, which I may have or which may hereafter accrue against COACH COWGILL CAMP, Nease High School, St. John's County schools, any coach involved in camp, and/or their respective officers, representatives, successors, and/or assigns, for any and all damage which may be sustained or suffered by me in connection with my association with or participating in and/or rising out of my travel to or from this camp. THIS WILL HEREBY CERTIFY THAT THIS PARTICIPANT IS QUALIFIED TO ATTEND THIS CAMP. I further state that officers, representative, successor, and/or assigns are in no way responsible for any pre-existing injury, or reoccurrence of any injury or illness, disclosed or undisclosed. I give my written permission for my child to be treated by a medical doctor if deemed necessary by coaches. I, THE PARENT OR GUARDIAN, DO HEREBY AGREE TO THE ABOVE WAIVER AND RELEASE FURTHER CERTIFY HEALTH INSURANCE COVERAGE FOR THE PARTICIPANT NAMED HEREIN AND ACKNOWLEDGE THE SOLE USE OF SAID HEALTH INSURANCE IN ALL CASES RELATIVE TO PARTICIPATION IN THIS CAMP.

SIGN HERE:

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Signature, Parent or Guardian

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Please Print Name

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Date

### INSURANCE INFORMATION

Important: Your health insurance will be the source if illness occurs or your child needs care.

Physician's Name & City:

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Any known allergies:

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**APPLICATION IS INCOMPLETE IF NOT COMPLETED ON BOTH SIDES**

Coach Cowgill Camp  
10550 Ray Road  
Ponte Vedra, FL 32081

# 2009 BIGGER, FASTER, STRONGER FOOTBALL CAMP



**JUNE 22-25  
2009  
NEASE HIGH SCHOOL**

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### 2009 Bigger, Faster, Stronger Football Camp

**Dates:** June 22 - 25  
**Time:** 7 a.m. - 12:00 p.m.  
**Where:** Nease High School  
**Cost:** \$185.00

### 2009 Nease Football Training & Conditioning Camp

**Dates:** June 29 - July 30  
**Time:** 7 a.m. - 12:00 p.m.  
**Where:** Nease High School  
**Cost:** **FREE** (for all graduates of Bigger, Faster, Stronger camp)

To register, sign the consent form and send check and completed registration form to  
 Coach Cowgill Camp  
 c/o Valerie Grzywacz, 1117 Pine Mill Lane  
 Ponte Vedra Beach, FL 32082

**Questions: call Coach Cowgill at 904-535-5645 or David San Juan at 904-233-4077**

Financial aid available, please contact Coach San Juan at 904-233-4077

### 2009 Bigger, Faster, Stronger Football Camp

This camp will strive to improve the performance of athletes based on scientific principals and experience, with emphasis on development of body, mind and spirit. The purpose of the camp is to convey to high school athletes the training programs and techniques that make athletes successful. The ages between 14 and 18 are when the greatest gains in athletic performance can be made, and the foundation for future athletic success is built. By combining intelligent training with hard work, everyone can improve his or her athletic performance!

#### Camp Features:

- Speed and agility enhancement
- Strength and power development
- Integration of strength and movement skills through hip centered movements
- Neuromuscular training, relating performance training to sport practice and competition
- Energy system development, recovery strategies and flexibility training.

[www.coachcowgillcamps.org](http://www.coachcowgillcamps.org)

### 2009 Bigger, Faster, Stronger Registration Form

(Please Print)

Name \_\_\_\_\_ Grade next fall (09) \_\_\_\_\_

Address \_\_\_\_\_

Phone Number(s) \_\_\_\_\_

Parent(s) Names \_\_\_\_\_

Have you played football before  YES  NO, If Yes, how many years? \_\_\_\_\_

Football Position(s) Played \_\_\_\_\_

Approximate Height \_\_\_\_\_ Approximate Weight \_\_\_\_\_

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

**Cost \$185** \_\_\_\_\_ Enclosed (Make check payable to Coach Cowgill Camp)