



Lutheran High School

2018 Summer Strength & Speed Camp June 4 – August 2

Daily Schedule

Every Monday through Thursday morning beginning June 4 (OFF July 2-5)

*Report to the weight room each morning.

- Football Only: 7:00am – 9:30am
- Girls: 8:00am – 9:30am
- Boys: 9:00-10:30am

Cost

\$100 (checks made out to Lutheran Athletics, turned in to front office or Coach Murphy)

*Submit payment along with form below.

Coaches

Jordan Murphy: An alum of Lutheran High School, Coach Murphy is entering his third year as the Head Strength and Conditioning Coach at Lutheran High School. Also a former NCAA D-1 football player at the University of Colorado, Coach Murphy has continued his training and education in the field of sports performance by earning his Certified Strength and Conditioning Specialist certification from the National Strength and Conditioning Association. Coach Murphy is currently earning his Masters in Sports Performance from the University of Denver.

Jon Ackerman (Jenkins Elite Sports Performance Director): Lutheran High School is proud to partner with Jenkins Elite Performance for this summer's program. Coach Ackerman brings 30 years of professional performance experience, allowing our student-athletes the opportunity to receive performance training specifically tailored to our summer strength program.

Please contact Coach Murphy with any questions: jordan.murphy@lhsparker.org

(Submit this portion along with payment)

Student-Athlete Name:

Parent Name(s):

Parent Phone:

Parent Release & Indemnity Agreement

We/I hereby agree to release, indemnify, and hold harmless Lutheran High School, its employees, representatives or assigns, including the Lutheran High School Athletic Department, the coaching and training staff, from all claims resulting from injuries sustained by my child while participating in the Summer Strength & Speed Camp. We/I further hereby give permission to the coaches, training staff or other medical professionals to provide medical care as deemed necessary to my child in case of injury or illness.

Parent Signature:

Date: