

Mercy Conditioning and Cross Training Camp

Open to ALL High School Mercy Athletes

- Every Tuesday and Thursday throughout the Summer
- Camp sessions will include 30 minutes of each: weight training, speed/endurance, and ACL/core strengthening.
- Facilitated by Coach Trost, Stryker, Yandek
- **Time: 9:00AM-11:00 AM**

Weeks are as follows:

Week 1: June 21 & 23

Week 2: June 28 & 30

Week 3: July 12 & 14

Week 4: July 19 & 21

Week 5: July 26 & 28

Week 6: Aug. 2 & 4

**Fall Sports Begin August 22.*

Cost: \$130 for the entire summer.

Registration: Fill out the registration form and make checks payable to Our Lady of Mercy. See any of the coaches listed above for registration forms

Mailing Address: Our Lady of Mercy c/o Anthony Yandek
1437 Blossom Rd
Rochester, NY 14610



Registration Form
Our Lady of Mercy Conditioning Camp (June 21-August 4, 2022)

Name _____
Address _____ City _____ State _____ Zip _____
Grade _____ Age _____

Parent Permission Form

Parent/Guardian authorization: my daughter _____ had a recent physical examination and is physically able to participate in all camp activities. I hereby release the camp directors and staff, Mercy High School and all its employees from all claims (present and future) resulting from injuries that may be sustained by my daughter while attending Mercy High School's Conditioning Camp.

Parent/Guardian's Signature _____

Father's work number _____ Mother's work number _____

Home phone _____ Other Emergency Number _____

Withdrawal Information

I understand that a camper is admitted only upon the expressed condition that she has accident insurance.

In the event that I am unavailable for purposes of providing parental consent, I hereby authorize the coaching staff at Mercy High School's Conditioning Camp or a physician to provide such hospital care that includes routine diagnostic procedures and medical treatment as necessary to my child. I understand that the consent and authorization herein granted does not include major surgical procedures and is valid only during the Mercy Conditioning Camp.

Parent or Guardian Signature _____ Date _____

Please return the form with your payment of \$130 by June 21, 2022

Make checks payable to Our Lady of Mercy

Send it to: Our Lady of Mercy c/o Anthony Yandek
1437 Blossom Rd
Rochester, NY 14610