

2023 ZEBRA SUMMER PRIDE

- WHO:** Athletes entering grades 7th - 12th
- WHEN:** June 12th – June 29th and July 10th – July 20th
Monday, Tuesday, Wednesday, and Thursday
Session 1: Athletes entering grades 9th – 12th 7:00 A.M. – 8:30 A.M.
Session 2: Athletes entering grades 7th – 8th 9:00 A.M. – 10:00 A.M.
- WHERE:** Claremore High School Football Field
- COST:** \$100 for 9th – 12th graders and \$75 for 7th – 8th graders made payable to Claremore Public Schools. If athletes make at least 16 out of 20 days, they will receive a Zebra Summer Pride T-Shirt.
- EQUIPMENT:** T-Shirt, Shorts, Tennis Shoes, and Cleats

PURPOSE OF ZEBRA SUMMER PRIDE

Zebra Summer Pride is a summer program designed to help those in attendance become better athletes. Zebra Summer Pride will include stretching, weightlifting, agility drills, and conditioning drills. If you have any questions, please call Jarrett Hurt at 918-688-1851.

My child, _____, has my permission to participate in Zebra Summer Pride. I specifically waive and release the school district, board of education, administration, and coaches from liability for any claim or financial responsibility for damages which my child may have for accidents, injuries, or illnesses that he may sustain at Zebra Summer Pride. In the event of an emergency in which my child requires medical attention, I authorize the coaches to act for me to obtain whatever medical treatment they deem necessary.

If your child has any restrictions or physical impairments that we need to know about, please list them below.

Name of Player _____ Grade _____

Phone Number of a Parent/Guardian _____

Signature of a Parent/Guardian _____ Date _____

Adult T-Shirt Size (Circle One) S M L XL XXL XXXL