
	Westwood Warrior Strength Camp <i>"Readiness Program"</i> Jan 8th – Apr 25th	
WHO:	Current Jr. High 7 th and 8 th Grade Students	
WHERE:	Westwood High School Weight Room	
WHAT:	The Westwood Readiness Program is a general physical preparedness weightlifting program designed for the junior high/middle school student/athlete to prepare them for high school weight training/sports.	
DATES/DAYS: TIME:	Jan 8 th - April 25 th (Mon and Wed evenings) 6:00pm to 7:00pm (15 weeks/30 workouts)	
ATTIRE :	Blue, Black or Grey Shorts – White or Grey T-Shirt White Socks – Athletic Shoes	
FEE:	Online registration: \$30 Mail in/bookstore registration: \$40	
CONTACT:	Camp Director: Walt Sword Phone: (480) 277-2283 (cell) Email: wlsword@mpsaz.org	

Save \$10 & Register Online: <https://mpswebpay.mpsaz.org> submit registration and payment to:
Westwood bookstore 945 W. Rio Salado, Mesa 85201

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"Readiness Program"
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Student Name:	Grade: _____
Parent/Guardian:	School: _____
Phone: (H) _____ (C) _____	Student ID#: _____
Email: _____	
Emergency Contact Name:	
Phone: (H) _____ (C) _____	
I give permission for my child to participate in the sports program listed. I/we understand all risks and hazards incidental to such participation and do hereby waive, release, absolve, indemnify and hold harmless Mesa Public Schools and the school from any claim arising out of any injury to my child.	
Parent Signature: _____	
I give permission to photograph my child during camp participation for publicity use and/or news release. <input type="checkbox"/> YES <input type="checkbox"/> NO	
Does your child have health conditions/concerns of which staff should be aware? If so, please explain:	

PAYMENT: To pay by debit card or credit card and receive a discount, register online at https://mpswebpay.mpsaz.org . For online payment questions call (480) 472-0118. For camp related questions, contact the coach listed above. Check # _____ Check amount \$ _____ Make checks payable to Mesa Public Schools.
For office use only: Item # D1340a Q3/4 '18