



Washburn Rural Middle School is excited to announce that we will be holding our popular Falcon Fitness Camp this summer. Workouts will begin Thursday, JULY 1st. We will encourage athletes and coaches to maintain social distancing at all times. The camp is subject to change based on recommendations from local health officials.

We will be holding two sessions-girls(7:30-8:30)and boys(8:45-9:45). Camp will be on Tuesday and Thursday through July 29.

We will limit the number of participants in each session on a first come first serve basis. Each group will have a limit of 30 participants. Once that number is reached we will not accept anymore athletes. Participants must sign up on google forms to attend. Please click on the following link: [Roney/Sode 2021 WRMS Fitcamp](https://docs.google.com/forms/d/1rEhIod07cboeW8YJucPBFw40pj1kPagxte3GE2faWSI/edit) or copy and paste

<https://docs.google.com/forms/d/1rEhIod07cboeW8YJucPBFw40pj1kPagxte3GE2faWSI/edit>. Sign-ups are posted each Thursday of the prior week.

The fee for the camp will be \$5.00 per session. You can pre-pay for the camp each week using Venmo:@Di-Roney or Paypal:paypal.me/dironey4. Please reference "Fitcamp" and your child's name in the note. You can also bring \$5 each visit.

During the camp athletes will work on their core strength, speed, flexibility and agility, explosiveness, and their overall conditioning to be utilized in all sports. This camp is voluntary.

Important facts to know:

- Athletes should bring their own water. There will be no use of the water fountains or sharing of water bottles.
- If you are sick or have any Covid-19 symptoms you must stay home
- No sharing of towels, clothing or shoes
- No food will be allowed
- No athletic physical is required for this camp
- You will not be allowed to participate if you have not signed up

Coaches for the camp and who to contact if you have any questions:

- Di Roney (MS Volleyball and Track Coach) roneydia@usd437.net
- Brian Soderberg (MS Football Coach) soderbri@usd437.net

WRMS Fitness Camp Waiver Form (2021)

(Please read, fill out, and bring with you on the first day of camp)

I understand that the athlete will be doing strenuous physical activity and does run the risk of injury.

I also acknowledge the contagious nature of Covid-19 and many public health authorities still recommend practicing social distancing. I further acknowledge that WRMS or its coaches can not guarantee that participants will not become infected with Covid-19. The athlete is voluntarily choosing to participate in our Fitness Camp and acknowledge that they may be increasing their risk to exposure of Covid-19.

Finally, I acknowledge that the athlete is not experiencing any symptoms of illness such as: cough, shortness of breath or difficulty breathing, fever, chills, headache, sore throat, or new loss of taste or smell.

I acknowledge that the participant has not traveled internationally or to a highly impacted area of the United States.

Printed name of athlete

Date

Parent/Guardian signature

**In case of emergency
Contact name and phone #**