

# EARLY EDGE 2026

Begins January 12, 2026

**\*\*OPEN TO 7TH & 8TH GRADERS | ALL SPORTS WELCOME\*\***



**Mondays & Wednesdays 5:00pm - 6:15pm**

**\$10 per session**

**Athletic shoes and cleats needed**

**MEET IN PANISH FAMILY STADIUM**



Areas Of Focus: Flexibility - acceleration and speed development through triple joint extension - Lifting - Power and explosiveness - Olympic weight training - Core strength - Rotational strength - Plyo-metrics - Change of direction mechanics - Injury prevention - Leadership & character development

Athlete Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade in fall of 2026: \_\_\_\_\_

Address: \_\_\_\_\_

Current School: \_\_\_\_\_

Parent contact: \_\_\_\_\_

Parent Phone: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Any Health concerns:

I hereby release, indemnify and hold harmless St. John Bosco High School, including its trustees, employees, volunteer workers, students, agents and assigns from any and all liability, damage, claim of any nature whatsoever arising out of or in any way related to my child's participation in this youth camp. Participating in any activity is an acceptance of some risk or injury. Despite precautions, accidents and injuries may occur and injury and/or loss or damage to personal property may occur as a result of participation in this youth camp. Therefore, I assume all risks related to the activities. In case of emergency and if I cannot be reached, I do hereby authorize a representative of the Early Edge program or St. John Bosco High School to consent to any medical treatment or care deemed advisable. I have read and agree to comply with the above statement. My signature below indicates that I have read, understood and freely signed with agreement, which shall take effect as a sealed instrument. I expressly agree that this agreement shall be construed and enforced in accordance with California laws, and I consent to the jurisdiction of said state. I agree that this waiver and release is intended to be as broad and inclusive as permitted under California laws so that if any portion hereof is held invalid, the balance shall continue in full legal force and effect.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_