

**KEEP THIS FLYER AS YOUR REMINDER!**

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**THIS SUMMER... GET READY FOR THE  
2019 – 2020 SEASON...BFND!**

**CY-FAIR HIGH SCHOOL S.A.C.**

**Strength, Agility and Conditioning Camp**

(Conducted by: Cy-Fair High School Coaches)

**Who may attend:** Any current Cy-Fair High School student, incoming Cy-Fair freshman, incoming 7<sup>th</sup> and 8<sup>th</sup> graders from Cy-Fair H.S. feeder schools (attendance zone) & may attend only one session per day.

**Dates:** June 10 – July 26, 2019 (6 weeks) Monday – Thursday (except July 26)  
**\*\*See full calendar on reverse side for: times, dates, sport specific times**

- **Session I - incoming 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> graders (begins at 7:30am)**
- **Session II- incoming 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> graders (begins at 9am on sport specific camp days and at 10am on SAC Camp only days-see calendar)**

**Location:** Cy-Fair High School Field House (on June 10 enter parking lot next to tennis courts to check in. Due to construction, enter behind Lamkin and drop off by tennis courts) **Check-in will be slow on the first day as we have large numbers of physicals turned in/verified on this day.**

**Cost:** \$110.00 per person (6-week camp, includes SAC shirt)  
Payment to: Cy-Fair High School by (preferred -cash, money order, cashier check) Personal check if necessary, but no personal checks after May 10) – No online payments) Shirt not guaranteed if registered after May 10 and late registration if space is available.

**Physicals:** 2019-2020 school year physicals will be Sat., May 18, 2019 @ Cy-Fair High School (cost \$20-cash). Physicals are valid for 1 year only and must be on a current UIL Physical Form. Forms are updated each year on CFISD Athletic web page <http://www.cfisd.net/en/parents-students/athletics/athletics-forms/>. If you will attend Cy-Fair High School next year and receive your physical at Cy-Fair on May 18, it will be filed in the Cy-Fair H.S. Training Room. All middle school athletes (regardless of where you take your physical) and high school athletes who receive physicals from private physicians must provide a front/back copy for SAC Camp. Your original physical form goes to your middle school coach, we need a copy!

- **Include completed 2019 Cy-Fair H.S. SAC Registration Form (page 3 -Front)**
- **Include completed Cypress-Fairbanks I.S.D. Athletic Participation Consent Form (page 4 Back)**
- **Include payment to Cy-Fair High School (Verify space available after May 10 & no checks)**
- **Include copy of page 1 & 2 of your current physical if possible (no participation without valid Physical on file by June 10)**

**Mail to:**

Cy-Fair High School SAC  
Attn: Dianne Moore  
22602 Hempstead Hwy.  
Cypress, Texas 77429-5000

**Questions: call Coach Pustejovsky 281-897-4670**

<https://cyfair.cfisd.net/en/parents-students/athletics/athletic-pages/> (Cy-Fair HS Athletic Web Pages)

**KEEP THIS INFORMATION PAGE AS A REMINDER!**

**See Reverse Side for Calendar!**

# 2019 Cy-Fair HS SAC Camp & Football Sport Specific Camp Dates

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	<b>BOBCAT</b> 3	<b>FIGHT</b> 4	<b>NEVER</b> 5	<b>DIES!</b> 6	7	<u>JUNE 1</u> 8
9	Sess. I -7:30-9:30am Sess. II - 10-12pm <b>FIRST DAY SAC</b>	Sess. I -7:30-9:00am <b>Football Sport</b> <b>Specific 9-10am</b> Sess. II -10-11:30am	Sess. I -7:30-9:30am Sess. II -10-12pm	Sess. I -7:30-9:00am <b>Football Sport</b> <b>Specific 9-10am</b> Sess. II -10-11:30am	14	15
16	17 Sess. I -7:30-9:30am Sess. II 10-12pm	18 Sess. I -7:30-9:00am <b>Football Sport</b> <b>Specific 9-10am</b> Sess. II -10-11:30am	19 Sess. I -7:30-9:30am Sess. II -10-12pm	20 Sess. I -7:30-9:00am <b>Football Sport</b> <b>Specific 9-10am</b> Sess. II -10-11:30am	21	22
23	24 Sess. I -7:30-9:30am Sess. II 10-12pm	25 Sess. I -7:30-9:00am <b>Football Sport</b> <b>Specific 9-10am</b> Sess. II -10-11:30am	26 Sess. I -7:30-9:30am Sess. II -10-12pm	27 Sess. I -7:30-9:00am <b>Football Sport</b> <b>Specific 9-10am</b> Sess. II -10-11:30am	28	29
30	<u>JULY 1</u> Sess. I -7:30-9:30am Sess. II 10-12pm	2 Sess. I -7:30-9:00am <b>Football Sport</b> <b>Specific 9-10am</b> Sess. II -10-11:30am	3 Sess. I -7:30-9:30am Sess. II 10-12pm	<u>JULY 4</u> <b>HOLIDAY-NO CAMP</b>	5	6
7	<b>NO CAMP</b> 8	<b>NO CAMP</b> 9	<b>NO CAMP</b> 10	<b>NO CAMP</b> 11	12	13
14	15 Sess. I -7:30-9:30am Sess. II 10-12pm	16 Sess. I -7:30-9:00am <b>Football Sport</b> <b>Specific 9-10am</b> Sess. II -10-11:30am	17 Sess. I -7:30-9:30am Sess. II 10-12pm	18 Sess. I -7:30-9:00am <b>Football Sport</b> <b>Specific 9-10am</b> Sess. II -10-11:30am	19	20
21	<b>NO CAMP</b> 22	<b>NO CAMP</b> 23	Sess. I -7:30-9:30am Sess. II 10-12pm 24	Sess. I -7:30-9:30am Sess. II 10-12pm 25	Sess. I -7:30-9:30am Sess. II 10-12pm 26	27
						<b>LAST DAY SAC</b>

**2018 CY-FAIR HIGH SCHOOL S.A.C.  
Strength, Agility, Conditioning Camp Registration Form**

**Who may attend:** Current Cy-Fair High School students, incoming Cy-Fair 9th, & incoming 7<sup>th</sup>, 8<sup>th</sup> graders attending Cy-Fair H.S. feeder schools (attendance zone), may attend only one session per day.

**Dates:** June 11 – July 26, 2018 (6 weeks) Monday – Thursday only  
**(Note: No camp July 2-5 (for July 4 holiday) or July 23 & 24 (due to THSCA Coaches Convention))**

- Session 1 (7:30am-9:30am) - **incoming 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> graders only (this session fills up quickly)**
- Session 2 (10:00am – 12:00pm) - **incoming 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> graders only**

**Location:** Cy-Fair High School Field House (on June 11 enter parking lot next to tennis courts to check in, Cy-Fair asphalt lots will be under construction so you may want to enter behind Lamkin)

**Cost:** \$110.00 per person (6-week camp, includes SAC shirt) Payment to **Cy-Fair High School** by cashier check, money order, personal check or cash (**No online payments**)  
**After May 22 registration accepted for space available only!**

- **Include completed 2018 Cy-Fair H. S. S.A.C Registration Form (this page- page 1 of 2)**
- **Include completed Cypress-Fairbanks I.S.D. Athletic Participation Consent Form (page 2)**
- **Include payment to Cy-Fair High School (see payment notes & deadlines above)**
- **Include copy of current physical (no participation without valid Physical - by June 11)**

**Note: Physicals for 2019-2020 school year will be held on Sat., May 18, 2019 @ Cy-Fair High School (cost \$20-cash). Physicals are valid for 1 year only and must be on a current UIL Physical Form. These forms are updated each year on CFISD Athletic web page <http://www.cfisd.net/en/parents-students/athletics/athletics-forms/>. If you will attend Cy-Fair High School next year and receive your physical at Cy-Fair on May 18, it will be filed in the Cy-Fair H.S. Training Room. All middle school athletes (regardless of where you take your physical) and high school athletes who receive physicals from private physicians must provide a front/back copy for SAC Camp.**

**Middle school athletes: give your original physical to your middle school coach, we need a copy!**



Mail to: Cy-Fair High School  
Attn: Dianne Moore  
22602 Hempstead Hwy.  
Cypress, Texas 77429

**Questions: Call Coach Pustejovsky 281-897-4670**

**(PLEASE PRINT CLEARLY!) Do not detach!**

**Student Name:** \_\_\_\_\_ **Grade (Next Year-for 2018-2019)** \_\_\_\_\_

**I will attend the following school in August:**     Cy-Fair H.S.     Arnold M.S.     Hamilton M. S.

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Parent Emergency Contact Number:** \_\_\_\_\_

**Insurance Provider:** \_\_\_\_\_ **Policy Primary:** \_\_\_\_\_

**Policy/Group Number** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**I hereby grant my son/daughter \_\_\_\_\_, my permission to attend and participate in any and all activities which are a part of the S.A.C. Strength, Agility, and Conditioning Camp at Cy-Fair High School. I hereby release the Cypress-Fairbanks Independent School District and all supervisors, employees, and/or representatives from any and all liability and/or claims and/or cause of action, individually or collectively, for damages or injuries which might be received during this activity, or in traveling to and from such activity. PLEASE INCLUDE ATTACHED CFISD ATHLETIC PARTICIPATION CONSENT FORM!**

\_\_\_\_\_  
**Parent / Guardian Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**UIL Physical Performed on Above Date - (to be completed by Cy-Fair H.S.)**

**CYPRESS-FAIRBANKS INDEPENDENT SCHOOL DISTRICT  
PARENT OR GUARDIAN  
ATHLETIC PARTICIPATION CONSENT FORM**

STUDENT'S NAME: \_\_\_\_\_ CAMPUS: **CY-FAIR HIGH SCHOOL**

I hereby give my consent for the above named student to participate in school athletics including various athletic practices, competitions and camps. I understand it is my responsibility to provide health insurances coverage for this student. I further understand CFISD is not liable for any injuries resulting from participation in school athletics. If in the judgment of any representative of the school, this student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize and consent to such care and treatment as may be given to said student by any physician, trainer, nurse, hospital or school representative.

DATE: \_\_\_\_\_

NAME OF PARENT OR GUARDIAN: \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY, STATE AND ZIP: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

PERSON TO NOTIFY IN CASE OF EMERGENCY: \_\_\_\_\_

RELATIONSHIP TO ATHLETE: \_\_\_\_\_

EMERGENCY PHONE NUMBER: \_\_\_\_\_