



## Project Red - High School

Strength and Conditioning Camp is designed to help athletes of all levels improve strength, speed, agility, and endurance.

**Camp Start Date:** June 9, 2025

**Start Time:** 9:00:00 AM

**Camp End Date:** July 24, 2025

**End Time:** 11:00:00 AM

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**Venue Name:** Carrico Athletic Complex

**Venue Address:** 26750 E University Dr, Little Elm, TX 76227

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**Camp Cost:** Free

**Questions:** For Questions contact Coach Jones at [rjones5@dentonisd.org](mailto:rjones5@dentonisd.org)

**Special Notes:**

BRASWELL ZONE INCOMING 9-12 grade Male and Female Athletes. Report time: 9 AM-11 AM. Please contact your Coach in regards to your sports specific skills time. Athletes will need to bring water bottles and dress in White T-shirt and Black shorts, Tennis shoes, and cleats.

**Medical Info:**

"I, the Parent or Legal Guardian of the athlete named above, give my permission for this athlete to participate in Project Red Strength and Conditioning Camp. I, the Parent or Legal Guardian and/or the Athlete, hereby waive and release any claim against Kent Laster, Braswell High School, Denton ISD, and employees for any injury suffered in connection with the camp. The Parent or Legal Guardian and Student ACKNOWLEDGE that they have carefully read and understand this waiver, release and permission for Project Red Strength and Conditioning Camp."