

RAIDER STRENGTH & CONDITIONING

2018



Grades  
7-12

# RAIDER SPEED & POWER CLINICS

Hillsborough High School Athletic Complex

## RAIDER STRENGTH AND CONDITIONING SPEED & POWER CLINIC SERIES

James E. McFarland JR., MA Ed., CSCS  
Hillsborough High School  
466 Raider Blvd  
Hillsborough, NJ 08844

I/We understand that transportation is not available for this activity and that we are responsible for carpool arrangements or otherwise for our child. I/We will not hold the Hillsboroughschool district liable for any injuries that may occur as a result of camp related activity. I/We also give permission to any qualified staff member to apply first aid and/or arrange for emergency transportation if needed. Finally, as parent or guardian, I/we do carry proper medical insurance and understand that this is to be used as a primary insurance with Hillsborough Board of Education as a secondary insurance carrier. I/We have read, understand, and agree to this arrangement.

Home Address \_\_\_\_\_

Email Address \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

Home Phone \_\_\_\_\_

Emergency phone # \_\_\_\_\_

Relationship to player \_\_\_\_\_

# ***HHS RAIDER STRENGTH & CONDITIONING SPEED & POWER CLINIC SERIES***

**Where:**

***HHS Athletic Complex***

**When:**

**TUESDAYS AND THURSDAYS  
6 WEEK PROGRAM  
10:00a.m.—11:00 a.m.**

**What to Bring:**

Shorts                      Water Bottle/Jug  
T-Shirts                      Sweats  
Sneakers                      (when necessary)  
Cleats (fall field sports)

**Who:**

Enrolled in grades 7-12 in fall 2018

Hillsborough Raider Strength and conditioning is proud to present our research proven speed clinic series. Coaches from HHS will provide instruction to increase lower body power and speed, as well as basic agility skills. There will be emphasis on proper warm-up, muscle activation techniques, postural strength, plyometrics, and flexibility.



**TUESDAYS & THURSDAYS**

**FALL**

**SESSIONS**

**WINTER**

See Online Brochure

**SPRING**

**\*SUMMER**

**Tues./Thurs. 10:00—11:00 a.m.**

**June 26— August 2, 2018**

***\*Intensive 1 Hr. Sessions***

Please detach and fill out both sides of the form to the right, and mail a check for **\$80.00** payable to ***Hillsborough Board of Education***

**Have Any Questions? Need  
Information?**

**www.https.us**

**click -High School, click-Athletics, then  
click-Raider Strength and Conditioning**

**CONTACT**

**JIM MCFARLAND MA Ed., CSCS**

**(908) 874-4200**

It is with my approval and consent that my child \_\_\_\_\_, entering grade \_\_\_\_\_ in the fall of \_\_\_\_\_, may participate in the **Raider Strength and Conditioning Speed Program**. We are aware that all athletic activities involve the potential for injury. We acknowledge that even with the best instruction, use of good equipment and strict observance of rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in varying degrees of disability or even death. We acknowledge that we have read and understand this warning.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Signature of Student