

Payments need to be paid online



## 2026 Lady Panther Strength and Conditioning 7th through 12th Grade

### 6 Week Program:

Week 1	June 8 - 11	Week 4	July 6 - 9
Week 2	June 15 - 18	Week 5	July 13 - 16
Week 3	June 22 - 25	Week 6	July 20 - 23
CLOSED	June 29 - July 2		

Session Time: 8:00 - 9:00 am  
 Location: Bullard Middle School Gym (new)  
 Cost of the camp is \$25

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

Grade for 2026-2027: \_\_\_\_\_ Parent Cell: \_\_\_\_\_

Parents Name: \_\_\_\_\_

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

Known Medical Issues: \_\_\_\_\_

Send Registration Form To:  
 Bullard Athletics  
 Attn: Cristy O'Bannon  
 1426 South Houston St  
 Bullard, TX 75757

**\*\* You are welcome to drop  
 off your signed form at  
 either the High School or  
 Middle School front office \*\***

The Panther Power Camp will be run by Bullard ISD coaching staff and focus on:  
**Power & Strength-** athletes will engage in a weight program to increase explosive power and strength under the supervision of coaches  
**Speed & Agility-** drills with an emphasis on acceleration, change of direction and maximum speed  
**Flexibility and Mobility-** athletes will increase muscle flexibility and mobility through proper mechanics and exercises designed to increase full range of motion  
**Injury Prevention-** athletes will use increased flexibility, mobility, core strength and proper mechanics to reduce the likelihood of future injuries

Disclaimer: I will not hold Bullard ISD or any camp staff liable for any damages, losses, or injury, which might result from my child's participation in the camp; I hereby grant permission for the camp staff to secure medical services for my child if necessary.

Parent Signature: \_\_\_\_\_