



Tiger Quickness and Power

2019 Summer Program

“PREPARE FROM WITHIN”
#DemandUrALL!!

Tiger Quickness and Power Philosophy

Tiger Quickness and Power is a program designed to develop the power, quickness, strength, flexibility, mental toughness, and overall athletic ability of the athletes at Mount Vernon ISD. The program is designed to develop athletes physically, mentally and emotionally. The program is open to boys that will be entering the 7th grade or higher in August 2019. Regardless of the sport or sports that they are involved in, Tiger Q&P provides a great opportunity for young men to grow and develop as athletes.

Tiger Q&P consist of 20 sessions held 4 days a week at the H.S. Fieldhouse for all MVISD male athletes beginning on June 4th, 2019 and ending on July 25th, 2019.

Each session will begin at 9:30 am and last approximately 75 minutes.

You can contact Coach Jeremy Males at 817-455-3286, or malesjeremy@yahoo.com with any questions.

The Emphasis

Development of Core Strength

Emphasizing core development for strength transfer and injury prevention.

Strength Development

The emphasis will be to develop power and strength. It is not a bodybuilding program. Safety and lifting technique will be a top priority.

Development of Quickness

The emphasis will be to develop quick bursts and foot quickness.

Development of Agility & Change of Direction

The emphasis will be to develop agility and body control.

Development of Mental Toughness

Emphasizing the development of mental will and toughness to overcome adversity.

Athletes Name: _____
Grade in Fall: _____
Address: _____
City & State: _____
Phone: _____
Sports Played: _____

In consideration of the MVHS Tiger Q&P Program and granting permission to participate, I hereby state that the MVHS Tiger Pride Program is not responsible for any pre-existing injury, recurrence of any undisclosed pre-existing injury or illness of the above athlete. I further acknowledge and release the Mount Vernon Independent School District, staff and all participants in said program, from liability, including claims and suits at law or in equity, for injury which may result from the athlete taking part in the Tiger Pride Program. *(Initial)* _____

I, as a parent or legal guardian, acknowledge and fully understand that the participant will be engaging in activities that may result in injury. Further, that there may be other risks not known to or is not reasonably foreseen at this time. I hereby consent to said minor's participation and assume all the risks of his or her personal injury that may result from the Tiger Pride Program. *(Initial)* _____

I, release, waive, discharge and covenant not to bring legal action upon the Mount Vernon Independent School District, Q&P Program, employees, contractors, agents, all instructors, all participants and anyone associated with it's operation.

Signature of parent or legal guardian: _____

Date: _____