
2017 Cheshire Park & Rec

**Summer Strength & Conditioning
APPLICATION**

Name _____

Address _____

City _____ State _____

Phone: H _____

C _____

Date of Birth ____ / ____ / ____

Incoming Grade _____

In case of emergency call:

Name _____

Phone _____

Email _____

Cost is \$120 (\$130 out of town) per athlete.

Make checks payable to:

Chris Trifone

Cheshire Parks & Rec

Summer Strength and Conditioning

C/O Cheshire Parks & Rec

559 S. Main St

Cheshire, CT 06410

Cheshire Parks & Rec Strength & Conditioning Camp 2017

Grades: 10th – 12th graders

Dates: June 19 – August 9

Monday-Thursday

8:30-10:30a.m.

Camp Director: Chris Trifone

Sponsored by Cheshire Parks & Rec

203-272-2743

Code: **43499 A** Incoming 10th -12th graders

About the Director

Chris is entering his fourth year as a varsity assistant coach with the football team at Cheshire High School. Before Chris came back to Cheshire, he was a wide receivers and strength & conditioning coach at Worcester Polytechnic Institute. He was then a Graduate Assistant coach at Temple University and at Boston College working with the defensive backs, special teams and the strength and conditioning staff. Chris grew up in Cheshire where he was a football and track athlete. Chris went on to be a four year football player at Endicott College where he earned his bachelor's degree in Physical Education and Health. While working at Temple University, he received his Master's Degree in Urban Education. Chris is currently a middle school health teacher for New Haven Public Schools. He is certified by the State of Connecticut as a licensed coach and is First Aid/CPR/AED certified.

Contact Information:

Ctrifone8@gmail.com

Phone: (203) 415-1550

Camp Details

Campers will be using the Cheshire High school facilities which include, but are not limited to the weight room (next to West Gym) and the Athletic Field.

Cost: \$120 per athlete (\$130 non-resident)

Pick up/Drop Off at CHS Weight Room

Athletes need: athletic shorts, t-shirt, sneakers, water bottle.

Camp Philosophy The number one priority of the Cheshire Strength & Conditioning Camp is to safely provide athletes with a foundation in the fundamentals of athletic training and injury prevention. This includes weight training, footwork, flexibility, conditioning, and nutrition. Improving each athlete's overall physical fitness and building a strong foundation for future athletic success will be the main focus in the camp's training.

Parent Release and Consent Form

The undersigned parent or guardian understands that the applicant will be engaged in a physical activity during the program which contains an inherent risk of physical injury and the undersigned assumes the risk, and releases the Cheshire Parks and Rec. Dept., Cheshire Parks and Rec. Strength & Conditioning Camp and its directors and staff from any and all liability for personal injury arising out of the applicant's participation in the Cheshire Parks and Rec Strength & Conditioning Camp. I hereby grant permission for my son or daughter to attend the Cheshire Parks & Rec Strength & Conditioning Camp and to be treated by a licensed physician, athletic trainer, or clinic staff member during the event of an injury, illness, accident, or other mishap.

Parent Name (printed)

Parent Name (signed)

Date _____ / _____ / _____