

I certify that my child: _____ has had a physical examination within the last six months and is in sound physical condition for participation in the Lehigh Valley Sports Camps. Also, I authorize the staff of the Lehigh Valley Sports Camps to act accordingly and with their best judgment in an emergency situation. I have adequate insurance and hereby waive and release the Lehigh Valley Sports Camps and its staff from any and all liability in the event of injury or illness requiring treatment, hospitalization and/or surgery. Lehigh Valley Sports Camps is not responsible for and will not provide any medical, dental, hospital or laboratory fees due to injury while participating in the 2009 Lehigh Valley Sports Camps, All Sports Camp.

Please indicate any medicals needs:

Please list any allergies:

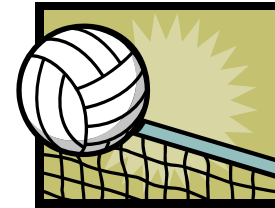
Emergency Contact Name _____

Signature of Parent/Guardian Date

Medical Insurance Company

Medical Insurance Policy Number

Muhlenberg College
2400 Chew St
Allentown, PA 18104



LEHIGH VALLEY Sports Camps

A
L
L
S
P
O
R
T
S
C
A
M
P

@ MUHLENBERG COLLEGE

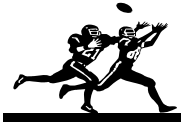
July 13, 2009 to July 17, 2009
Boys & Girls ages 6-13

9:00 AM to 3:00 PM
Muhlenberg College
Allentown, PA

Camp Information

LVSC, All Sports Camp is an opportunity to develop skills in a sport your child is interested in, as well as enjoy competition in a variety of activities. Your child will have the opportunity to receive focused instruction by local coaches and athletes in one of the following sports:

- Basketball
- Lacrosse
- Football
- Volleyball
- Soccer
- Cheerleading
- Baseball
- Softball



Also, your child will participate in a variety of sports and activities on Muhlenberg College's brand new, state of the art athletic facilities.

Opportunities include:

- Frisbee Golf
- Racquetball
- Ultimate Frisbee
- Team Challenges
- Swimming
- A variety of other sports and activities

Cost: \$175
(\$50 non-refundable deposit required)

Ages: Boys and Girls ages 6-13

DAILY SCHEDULE

8:30 to 9:00 Drop Off/Open Gym

9:00 to 9:30 Attendance/Warm-up

9:30 to 10:45 Focused Instruction in Primary Sport



10:45 to 11:00 Break

11:00 to 11:45 Secondary Sports and Activities

11:45 to 12:45 Swim/Open Gym/Lunch

12:45 to 1:45 Focused Instruction in Primary Sport

1:45 to 2:00 Break



2:00 to 2:30 Secondary Sports and Activities

2:30 to 3:00 Wrap-up/Cool-down activities

3:00 to 3:30 Pick-Up/Open Gym

TEAM CHALLENGES

Campers will also participate in a variety of group activities that will culminate with a team challenge on Friday. Campers will be divided into teams and will compete in many different activities.



All Sports Camp @ Muhlenberg Sign Up!

Select primary sport of interest :

- Basketball Lacrosse
 Cheerleading
 Football
 Soccer
 Volleyball
 Baseball
 Softball

Name of Camper _____

Address _____

Parent/ Guardian email (for confirmation) _____

Phone _____

Age: _____ Gender: _____

School: _____

T-Shirt Size: _____

Enrollment is limited so act quickly. Please sign the waiver/release form on the back of this form and return it, along with a \$75 non-refundable deposit. Please make checks payable to:

Corey Goff, Lehigh Valley All Sports Camp

Mail to :
 Muhlenberg College
 c/o Corey Goff (Lehigh Valley Sports Camps)
 2400 Chew St
 Allentown, PA 18104

Ph: 484 664 3395
 cgoff@muhlenberg.edu