



# Hornet Elite - Strength & Conditioning

## Program - 9th - 12th - Female Athletes

Hornet Elite™ a high-energy summer strength and conditioning camp designed to build strength, speed, agility, and endurance. Led by experienced coaches, this camp will focus on explosive power, injury prevention, mobility, and sport-specific conditioning to help you BE ELITE next season. This is a STAPLE of building current and future Hornet Athletes. This specific section is intended for 9th-12th grade female athletes for the 25â€™™-26â€™™ school year.

<b>Camp Start Date:</b> June 2, 2025	<b>Start Time:</b> 7:15:00 AM
<b>Camp End Date:</b> July 30, 2025	<b>End Time:</b> 9:00:00 AM

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**Venue Name:** Indoor Facility

**Venue Address:** 1200 Boyd Rd, Azle, TX 76020

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**Camp Cost:** \$160.00

**Questions:** Azle ISD Director of Strength & Conditioning [Matthew.Holt@azleisd.net](mailto:Matthew.Holt@azleisd.net)

**Special Notes:**

â€¢ Bring your own water bottles, filling stations available â€¢ Come dressed in athletic clothes (either Azle or generic athletic clothes) â€¢ Come with athletic shoes on â€¢ There will be no locker rooms available â€¢ Athletic training staff will be on site for any injuries

**Medical Info:**

Assumption of Risk By registering for an Azle ISD Sports Camp, participants acknowledge and agree that participation in sports activities carries an inherent risk of injury. While all reasonable precautions will be taken to ensure the safety of participants, Azle ISD and its staff shall not be held responsible for injuries, accidents, or illnesses that may occur during the camp. Consent to Treat I hereby grant permission for the on-site certified/licensed athletic training staff to provide first aid and medical care to my child/participant as deemed necessary during camp activities. In the event of a medical emergency, I authorize staff to facilitate emergency medical care, including contacting emergency medical services, if necessary. I agree to be responsible for any associated medical costs.