

### Permission Form

I understand that my child will receive instruction in the basic principles of Gymnastics and will spend significant time performing various drills and techniques under the supervision of an experienced instructor. With this form, I give consent for my child to Participate. I recognize that participation in recreational and instructional activities, even when well supervised and managed, pose a risk of physical injury. I agree to assume such a risk on behalf of my child.

Parent/Guardian Name (Please Print)

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Parent/Guardian Name (Please Sign)

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### Release of Liability

I, the undersigned, hereby agree to indemnify and hold Homewood-Flossmoor High School free from liability for any medical and/or accident expenses which my minor child may incur during involvement in the Boys Gymnastics Camp held at Homewood-Flossmoor High School. I hereby certify that my child is provided coverage via personal health and accident insurance, which is sufficient to cover any and all of the expenses, noted above, which might occur.

Parent/Guardian Name (Please Print)

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Parent/Guardian Name (Please Sign)

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## CAMP COACHES

The Homewood-Flossmoor Gymnastics Camp staff is comprised of the current Viking coaching staff. The staff is dedicated to providing each camper an educational experience in a focused gymnastics environment.

**Peter Kallend**— Coach Kallend is a former Homewood-Flossmoor gymnast with 12 years of competition experience. He was an All-American from 1994—1997, current co-holder of six team event school records, former holder of the school Parallel Bars record, and a member of the State Runner-Up and State Champion teams in 1996 and 1997 respectively. He has three years of coaching experience at Homewood-Flossmoor, one as Assistant Coach and two as Head Coach. He has helped several athletes qualify through to the State Championship Competition.

Coach: Peter Kallend

Phone: (708)323-0483

Email: [kallendp@earthlink.net](mailto:kallendp@earthlink.net)

HOMWOOD-FLOSSMOOR HIGH SCHOOL  
999 KEDZIE AVE.  
FLOSSMOOR, IL 60422-2299

HOMWOOD-FLOSSMOOR  
HIGH SCHOOL

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**BOYS GYMNASTICS**



**Summer 2009**

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# CAMP GOALS

The goals of the Boys Gymnastics Camp will be to instruct the campers in fundamental skills, skill execution and form, and strength/flexibility conditioning in an environment that promotes fun and the enjoyment of the sport.

# CAMP NECESSITIES

Campers should wear clothing that is conducive to physical activity (shorts, t-shirts, sweat pants, etc.) but not excessively baggy as this will impede their ability to execute maneuvers. Additionally, the clothing should not be clothing that is valuable in nature since tearing may occur if the clothing is snagged on equipment.

Wrist bands are also advised, but not required.

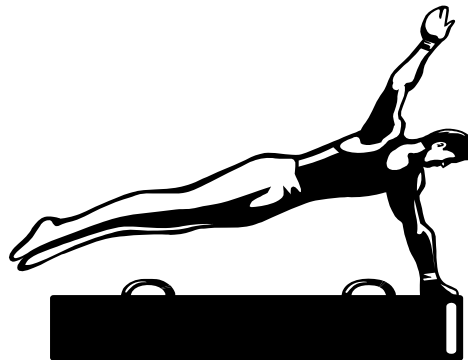
# CAMP DATES

## Session A

Participants: 9th — 12th grades  
Mondays, Wednesdays, & Fridays  
Dates: June 15, 17, 19, 22, 24, 26  
Time: 3:30pm — 5:30pm  
Location: North Gymnastics Room  
Price: \$50.00

## Session B

Participants: 9th — 12th grades  
Mondays, Wednesdays, & Fridays  
Dates: June 30  
July 1, 3, 6, 8, 10  
Time: 3:30pm — 5:30pm  
Location: North Gymnastics Room  
Price: \$50.00



# Boys Gymnastics Registration

Sign up for:	Session	Price
<input type="checkbox"/> Grades 9th — 12th	A	\$50.00
<input type="checkbox"/> Grades 9th — 12th	B	\$50.00

Total: \_\_\_\_\_

Method of Payment

- Cash
- Check Payable to HFHS

\_\_\_\_\_  
Athlete's Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Home Phone

\_\_\_\_\_  
Cell Phone

\_\_\_\_\_  
Parent's/Guardian's Name

\_\_\_\_\_  
Work Phone

\_\_\_\_\_  
Cell Phone

After completing both sides, place the registration form and payment in an envelope addressed to Coach Kallend and drop it off at the H-F Athletic Office.