

Speed & Agility (Co-ed: 7th - 9th)

Hosted by Track & Field; Our Speed & Agility Camp focuses on developing quickness, coordination, and explosive movement through drills and instruction. Athletes will work on running mechanics, acceleration, change of direction, footwork, and overall athletic performance in an environment designed to build confidence and transferable skills for all sports.

Camp Start Date: June 8, 2026	Start Time: 10:30:00 AM
Camp End Date: June 11, 2026	End Time: 12:00:00 PM

Venue Name: Melissa Championship Center

Venue Address: 3030 Milrany Lane, Melissa, TX 75454

Camp Cost: \$100.00

Questions: Zach Hernandez zacharyhernandez@melissaisd.org

Special Notes:

Check-in will take place at the gate entering the high school track, under the black tent. After check-in and payment confirmation, parents/guardians can choose to stay or leave. Please bring your own water (a water station will also be available).

Medical Info:

ASSUMPTION OF RISK/RELEASE OF LIABILITY: By registering for Melissa ISD Sports Camp. I am fully aware that there are inherent risks to myself and others involved with this activity, and I choose to voluntarily participate in said activity with full knowledge that the activity may be hazardous to me and my property, and to the person and property of others. I acknowledge there may be physically strenuous activities. I know of no medical reason why I should not participate. I agree to indemnify and hold harmless INDEMNITEES from any and all liabilities, claims, demands, injuries (including death), or damages, including court costs and attorneyâ€™s fees and expenses, which may occur to myself, other participants, and third-persons as a result of my participation in said activity, including injuries sustained as a result of the sole, joint, or concurrent negligence, negligence per se, statutory fault, or strict liability of INDEMNITEES. It is understood that Melissa ISD does not provide medical insurance covering injuries of any nature incurred during the summer camps. The undersigned hereby releases Melissa ISD from any and all claims, demands, and causes of action whatsoever in any way growing out of or resulting from participation in any of the camps. All participants should be covered by their own insurance policies. In signing this agreement I acknowledge and represent that I have read it, understand it, and sign it voluntarily as my own free act and deed; sponsor has not made and I have not relied on any oral representations, statements, or inducements apart from the terms contained in this agreement.