

# 2023 BIXBY SPARTANS SPA

## SPEED • POWER • AGILITY

**Where:** Bixby High School Facilities

**Attire:** shorts, t-shirts, and athletic shorts

**Checks Payable:** BPS

Checks Mailed or Returned to:

HOTS c/o SPA  
109 N. Armstrong  
Bixby, OK 74008

Discounts & fundraising opportunities available for multiple children, BPS employees, and those who demonstrate financial need (NSLP).

\*\*Only one discount per family.

\*No refunds

\*\*Online Registration Preferred



## SIGN-UP NOW

VIEWING ON YOUR PHONE?  
save photo, press & hold to  
access the QR code

**Athletes Entering Grades 8-12 : \$235**

**June 12<sup>th</sup> - August 3<sup>rd</sup> : 7-9 AM**

- All-inclusive athletic skills
- Dynamic speed training
- Individualized strength training
- Team building

**Athletes Entering Grades 5-7 : \$210**

**June 12<sup>th</sup> - July 27<sup>th</sup> : 9:30 - 11 AM**

- All-inclusive athletic skills
- Weightlifting Fundamentals\*\*
- Dynamic speed training
- Individualized strength training

**Athletes Entering Grades 1-4 : \$210**

**June 12<sup>th</sup> - July 27<sup>th</sup> : 9:30 - 11 AM**

- Spartan Dynamic Warm-Up
- Speed training & basic movements patterns
- Individualized strength training
- Team building, games, agility

\*\*basic lifts are taught from ground up with PVC pipes; some athletes may progress to more difficult movements depending on age/skill level; each child is assessed at camp

## Registration & Release Form

please complete and return along with payment prior to the start of camp

I, the undersigned, as a parent and/or guardian of \_\_\_\_\_, a minor, ask that he/she be admitted to participate in this sport camp sponsored by the Bixby Public Schools. In consideration of such admission, I do hereby agree to release, discharge, and hold harmless Bixby Public Schools, its officers, agents, and employees of and from all causes, liabilities, damages, claims, or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor's attendance at the sport camp or in the course of competition and/or activities held in connection with the sport camp. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of BPS, its officers, agents, and employees, whether a COVID-19 infection occurs before, during, or after participation in SPA.

Parent Name: \_\_\_\_\_

Emergency Contact #: \_\_\_\_\_

Email: \_\_\_\_\_ Entering Grade: \_\_\_\_\_

Parent's/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_