

2018  
SUMMER

Workout Schedule



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Workout Schedule

This for all athletes 7th - 12th

June 11-14

July 9-12

June 18-21

July 16-19

June 25-28

July 30- August 2

All workouts will take place at McGregor HS and the the HS Fieldhouse.

Boys Workout  
Time 8-10 AM

Athletic Director - Judd Thrash  
jthrash@mcgregor-isd.org

Girls Workout  
Time 10AM-12 PM

Please detach and return the waiver/liability release form below

I, \_\_\_\_\_, (parent/guardian) hereby agree that \_\_\_\_\_  
(my child) is able to participate in the 2018 McGregor Summer Workouts.  
I verify that \_\_\_\_\_ (my child) is in good health, and able to participate  
in all activities associated with summer workouts. I hereby waive and release  
McGregor ISD, McGregor Athletic Department, and any personnel participating in the  
workouts from any and all liability for any injuries incurred while participating in  
the workouts.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

