



CHILES GIRLS WEIGHTLIFTING CAMP

Join our beginner-friendly Girls Weightlifting Summer Camp! This camp is designed to introduce young girls to the basics of weightlifting in a fun, supportive, and empowering environment. With expert coaches and a focus on safety, technique, and building confidence, participants will learn proper form and strength training fundamentals. Whether you're new to weightlifting or looking to improve your skills, this camp is the perfect way to get stronger, make new friends, and have fun this summer!

Camp Information

- June 9-11
- 8:30 am - 12:00 pm
- \$150 (includes t-shirt)
- Rising 5th- 8th grade

Questions? Contact:

- Coach Penton
- courtney.penton@leonschools.net

Make checks payable to Leon County Schools. No cash accepted.

Send payment and registration to:

Chiles High School
attn: Courtney Penton
7200 Lawton Chiles Lane
Tallahassee, FL 32312



CHILES GIRLS WEIGHTLIFTING CAMP

Registration Form

Student Name

Fall 2025 School _____

Fall 2025 Grade _____

Shirt Size

Youth	S	M	L	XL	
Adult	S	M	L	XL	XXL

Address _____

Parent/Guardian A _____

E-Mail _____ Phone _____

Parent/Guardian B _____

E-Mail _____ Phone _____

Photo Permissions I give the Chiles Girls Weightlifting Camp permission to photograph my student for camp events/activities. (Fliers, team photos, promotional materials/social media) ☐ Yes ☐ No

AUTHORIZATION FOR TREATMENT

You have permission to care for our minor child named above, in case we are unavailable. ☐ Yes ☐ No

Current Medications _____

Current Medical Condition(s) _____

Date of Last Physical _____

Are there any drug and/or food allergies? ☐ Yes ☐ No

If Yes, Please List _____

I do hereby give consent for personnel and agents of the Chiles Girls Weightlifting Camp to call for, administer and/or obtain medical attention for my child in an emergency. I also hereby release personnel and agents of the Chiles Girls Weightlifting Camp/Lawton Chiles High School from any liability and/or damages as a result of participation in the camp. I also waive all rights of Entitlement concerning such loss. Any discipline/behavioral issue that occurs during camp that causes disruption of activities, the parent/guardian will be contacted, and the child will be removed from camp.

Guardian Name (Printed) _____ Date _____

Guardian Signature _____

For Official Use Only.

Date Received

Amount Paid

Balance Due