

# EDW CARDINAL STRENGTH & CONDITIONING CAMP 2024

**CAMP LED BY COACH CHRIS BERGERON,  
EDW VARSITY FOOTBALL DEFENSIVE COORDINATOR  
EDW STRENGTH & CONDITIONING AND POWERLIFTING COACH  
(ISSA STRENGTH AND CONDITIONING SPECIALIST AND CROSSFIT LEVEL 1 CERTIFIED)**

The camp is designed to introduce proper form and technique in powerlifting and strength & conditioning.

June 10, 12, 17, 19, 24, 26

3:00-4:00 PM

Open to both male and female athletes

EDW Strength & Conditioning Center

For students entering grades 6th & 7th

Campers should wear shorts/leggings, t-shirt, tennis shoes, and bring water.

**Participation is limited to the first 25 campers.**

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\$75 per camper.

Make check payable to EDW.

A camper's registration is complete once camp registration form and payment have been received.

Form and payment may be mailed to EDW c/o Chris Bergeron or delivered the first day of camp

if the max of 25 campers (G/B) has not been reached.

**Need more information?  
Contact Coach Chris Bergeron  
at [cbergeron@htdiocese.org](mailto:cbergeron@htdiocese.org).**



# EDW SUMMER STRENGTH & CONDITIONING CAMP REGISTRATION

Please print. Use a separate form for each camper.

Camper Name: \_\_\_\_\_

Camper Address: \_\_\_\_\_



Grade Camper is Entering: \_\_\_\_\_ Camper's Age: \_\_\_\_\_ School Camper Will Be Attending: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Parent Phone Number: \_\_\_\_\_ Additional Phone Number: \_\_\_\_\_

In the Event of an Emergency

Contact Name (other than parent): \_\_\_\_\_

Phone Number: \_\_\_\_\_ Relationship to Camper: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Does the camper have any allergies? If yes, specify: \_\_\_\_\_

I hereby give permission for my child to attend the EDW Summer Camp. As a parent/guardian, I do hereby authorize the treatment by a qualified and licensed medical doctor in the case of an emergency.

I give EDW permission to publicly use pictures that may include my child through the school's website, social media, and publications.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Make check payable to EDW and mail to 555 Cardinal Drive Thibodaux, LA 70301

c/o Chris Bergeron