

# Summer Strength and Conditioning

**Grades 6-12 (2019-2020)**

**Coach: Tracy Erlandson**

Are you looking for a workout that builds strength and endurance? Join this program which combines weight training and strength exercises. Learn the correct way to lift weights, get into the right habits for your future work-out routines, and build overall strength. This program is for male and female athletes of all sports.

**Location: Meet in the Shop Room**

**Dates: Meets on Monday-Wednesday-Friday Mornings**

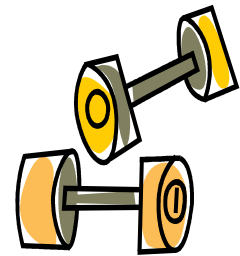
**8:00-9:00 am for BOYS AND GIRLS in Grades 6<sup>th</sup>-12<sup>th</sup>**

**Fee: \$25– Monday, June 17**

Please register with Marliss Derscheid at the Middle School Office

Check payable to KW Schools. No scholarships available.

Questions call 507-789-7005



## 2019 Summer Registration Form –Strength and Conditioning

Student Name \_\_\_\_\_ Grade (2019-2020) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Day Phone \_\_\_\_\_ Eve. Phone \_\_\_\_\_

Email Address \_\_\_\_\_ Cell phone \_\_\_\_\_

**FEE: \$25– Starting Monday, June 17th**

Total: \_\_\_\_\_ (Check # \_\_\_\_\_ ( Cash \_\_\_\_\_ )

I hereby consent to let my child participate in the Strength & Conditioning program. I understand that all reasonable care and caution will be taken by those in charge to prevent injuries, but neither those in charge nor the school district will be held responsible in case of an accident.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date