

2018 Summer Strength and Conditioning Registration Form

The 2018 Summer Strength and Conditioning Program is for HLWW students entering 7-12th grade. Each session will begin with a half hour speed, agility, and conditioning component followed by an hour strength and flexibility component. The participants are expected to arrive 10-15 minutes early to warm-up on the outdoor track. Participants will also be provided a snack at the end of their session to enhance muscle recovery. HLWW Varsity and Junior High coaches will be supervising this program. The cost is **\$70 per athlete with a \$100 family cap**. Please designate your first and second choices for sessions I, II, or III. The earliest registrants will get first choice. Please return this form and payment to the high school office.

Dates: Monday through Thursday

June 11th-14th, 18th-21st, 25th-28th

July 9th-12th, 16th-19th, 23rd-26th

July 30th- August 2nd

Session I: 7:30-9:00am

Session II: 8:15-9:45am

Session III: 9:00-10:30am

Participant's Name	Gender	Grade (2018-2019)	Session 1 st Choice	Session 2 nd Choice	Cost
1. _____	_____	_____	_____	_____	\$70
2. _____	_____	_____	_____	_____	\$70
3. _____	_____	_____	_____	_____	\$70

TOTAL _____
(Check to ISD #2687)

***Statement of release:** I, the undersigned, agree to release District 2687 Public Schools, Community Education, its employees and volunteers of all liability related to accidents or injuries which myself or a member of my family might incur while participating in the above activities. I give permission for my child's picture to be used for promotional materials. I have adequate insurance protection for my child and will assume all responsibility for injuries incurred while practicing for or participating in the above activity. If you enroll your school-aged child in a public school activity, he or she must abide by the anti-bullying policy at all times while participating in that activity. Violations of this policy may result in your child's removal from the activity in question, and/or other consequences, as described in the policy. We ask that you review this policy in full with your child. The complete policy is available on the school website www.hlww.k12.mn.us or in the office.*

Parent Signature _____
Date

Address _____
Home Phone Number

Please print
Mother's Name _____ Cell Number _____ Work Number _____

Father's Name _____ Cell Number _____ Work Number _____

Other Emergency Contact: _____ Contact Number: _____