

HUSKIES GIRL POWER



GRADES 10-12

SUMMER STRENGTH & CONDITIONING

2017

MONDAY / WEDNESDAY / FRIDAY

9:45-11:00 / 7:00-8:15 / 9:45-11:00

JUNE 12	1 ST DAY OF TRAINING	9:45 AM	OHS wrestling/wt. Rooms
JULY 3 – JULY 7	MSHSL BLACK-OUT DATE	NO TRAINING!!	
JULY 10	RESUME TRAINING	9:45 AM	OHS
AUGUST 4	LAST DAY OF TRAINING (10-12)	9:45 AM	OHS

❖ **THERE WILL BE NO PRE / POST-TESTING THIS SUMMER!!**

NOTE: There is no need to inform me if you are unable to make a session(s), (ex. ill, vacation, etc.) attendance will not be taken. The first 20-30 minutes of each workout will be focused on flexibility, balance, foot speed/quickness, change of direction, core stability and explosion; the following 45+ minutes will be developing Power/Strength/Endurance through various lifts and exercises in the weight room. Developing proper lifting technique will be emphasized. Session limited to the first 50 registrants. **DEADLINE: May 19, 2017 (The cost after deadline is \$95.00)** NO REFUNDS.

REGISTRATION FORM – HUSKIES GIRL POWER

Athlete's name: _____ Grade fall of 17' _____ Address _____

Women's t-Shirt size: _____ Emergency # _____ Parent/Guardian name: _____

Make \$85.00 check payable to Jerry Eggermont and return with registration form to: 1115 Esther Lane Owatonna MN 55060 or drop of at OHS Wt. Rm.

In consideration of your accepting this entry, I hereby, for myself, my heirs, executors, and administrators, waive any and all rights and claims for damages I may have against Jerry Eggermont and the Owatonna Public Schools, their representatives, successors, and assigns for any and all injuries suffered by me or my child while a participant or spectator at the activity indicated above.

_____ Signature of parent/guardian

_____ Date