

The Junior Spartan boys' basketball program will be providing an opportunity for all boys in grades 7-8 to participate in a strength and conditioning program. Coach Stephen Linzmeier, the strength and conditioning coach at Brookfield East High School, will be designing and implementing a strength and conditioning program that improves athletic potential and promotes the general health and fitness levels of every participant.



Coach Linz has been a part of many successful programs during his nine years at the collegiate level and his time at Brookfield East High School. His stops include stints at Butler University, the University of Indianapolis, and Lincoln Memorial University. Coach Linzmeier has used knowledge gained in the strength training field to open his own facility, Wisconsin Sports Performance. We look forward to providing your son with the opportunity to work with Coach Linzmeier and experience similar results.

Strength and Conditioning sessions will be held on Tuesdays and Thursdays throughout the Junior Spartans season. Sessions will be held in the Brookfield East weight room from 5:45-6:45 pm. Please use the Sports Engine app to confirm dates and times throughout the competitive season.

Please complete and return the waiver below at your first scheduled strength training session.

Waiver Statement:

“I understand participation in athletics has inherent risks and assume responsibility for those risks. I waive and release Coach Stephen Linzmeier, Brookfield East High School, and those advising/assisting/coaching in the program. Also, the undersigned and the participant authorize Coach Stephen Linzmeier to use at his discretion any photograph (black/ white, color) and/or video taken of the participant while participating in the program and waive any and all claims that the participant or undersigned on their heirs, executors, administrators, or assigns may have or claim to have resulting from such photograph(s) or reproduction thereof.”

Name: _____ Date: _____

Parent Signature: _____