

## Waiver








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 the Huskies Strength and Conditioning Club and Owatonna Public Schools or 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

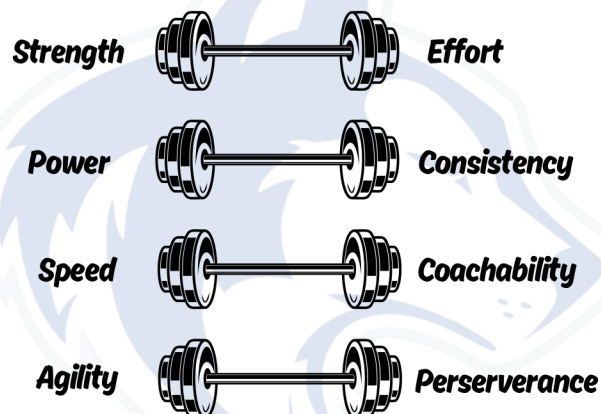
Date: \_\_\_\_\_



## Important Reminders

-  For all athletes in any sport entering grades 6-12.
-  Enter **Activities** entrance door 27P.
-  Appropriate dress is required: t-shirt, shorts, tennis shoes.
-  Bring water bottle and towel.
-  Always arrive 10 minutes before your session begins.
-  Movement sessions will be outside on turf. Molded cleats are optional. (Inclement weather - indoors)
-  Strength and Conditioning Website: [owatonnastrengthandconditioning.weebly.com](http://owatonnastrengthandconditioning.weebly.com)

**NO TRAINING JUNE 19  
AND JULY 1-5**



All Athletes Grades 6-12

2024

Huskies Summer  
Strength and Conditioning

"Iron Sharpens Iron"

**Head Coach:** Jerry Eggermont  
**Asst. Coaches:** Ryan Guenther and  
Brad Scharber

### Mission

It is our mission to maximize a student-athlete's athletic potential while reducing their risk of injury. This is accomplished through principles of strength and conditioning movements that include ground-based, multiple-joint, and three-dimensional movements that create explosiveness. It is our goal to create a culture and environment of positive, encouraging, and energetic training to the overall development of our student-athletes.

**NO TRAINING JUNE 19TH  
AND JULY 1-5**

### Boys Grade 11-12

June 10: Pre-testing 7:00 AM  
June 12: Makeup testing 7:00 AM  
June 13: Summer Session begins

### Summer Schedule from June 13-August 2

M/W/F - Weight Room 6:30-7:45 AM  
T/TH - Movement 7:00-8:15 AM

August 6: Post-testing 8:00 AM

### Girls Grade 10-12

June 11: Pre-testing 7:00 AM  
June 12: Makeup testing 7:00 AM  
June 13: Summer Session begins

### Summer Schedule from June 13-August 2

M/W/F - Weight Room 8:00-9:15 AM  
T/TH - Movement 7:00-8:15 AM

August 7: Post-testing 8:00 AM

### Boys Grade 9-10

June 10: Pre-testing 10:00 AM  
June 12: Makeup testing 7:00 AM  
June 13: Summer Session begins

### Summer Schedule from June 13-August 2

M/W/F - Weight Room 9:30-10:45 AM  
T/TH - Movement 8:15-9:30 AM

August 6: Post-testing 10:30 AM

### Girls Grade 8-9

June 11: Pre-testing 10:00 AM  
June 12: Makeup testing 7:00 AM  
June 13: Summer Session begins

### Summer Schedule from June 13-August 2

M/W/F - Weight Room 10:45-12:00 AM  
T/TH - Movement 8:15-9:30 AM

August 7: Post-testing 10:30 AM

### Boys Grade 6-8

June 13: Summer Session begins

T/TH - Movement 9:30-10:30 AM  
Weight Room 10:45-11:45 AM

August 1: Last session

### Girls Grade 6-7

June 13: Summer Session begins

T/TH - Movement 10:30-11:30 AM  
Weight Room 9:15-10:15 AM

August 1: Last session



## Registration Form



### Huskies Summer Strength and Conditioning

Athlete's Name \_\_\_\_\_

Grade entering fall '24 \_\_\_\_\_

Home phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Adult T-shirt size \_\_\_\_\_

Girls	Boys
<input type="checkbox"/> Grade 6 .....\$85	<input type="checkbox"/> Grade 6 .....\$85
<input type="checkbox"/> Grade 7.....\$85	<input type="checkbox"/> Grade 7.....\$85
<input type="checkbox"/> Grade 8.....\$165	<input type="checkbox"/> Grade 8.....\$85
<input type="checkbox"/> Grade 9.....\$165	<input type="checkbox"/> Grade 9.....\$165
<input type="checkbox"/> Grade 10.....\$165	<input type="checkbox"/> Grade 10.....\$165
<input type="checkbox"/> Grade 11.....\$165	<input type="checkbox"/> Grade 11.....\$165
<input type="checkbox"/> Grade 12.....\$165	<input type="checkbox"/> Grade 12.....\$165

### \*\*Registration deadline May 31, 2024\*\*

- A late fee of \$10 will be assessed to all registrations received June 1 or after.
- Refunds will be pro-rated minus \$10 processing fee up until June 28. Thereafter, no refunds will be allowed.

Make checks payable to **Huskies Strength & Conditioning Club**. Return this form and the signed waiver to:

Jerry Eggermont  
Owatonna High School  
1455 SE 18th St,  
Owatonna, MN 55060