

Registration Form

- Session I 8:00 - 9.30
 Session II 10:00 - 11:30

Option

- Option A - 4 days per week = \$100.00
 Option B - 2 days per week = \$55.00

Circle day(s) if option B

Mon Tue Wed Thu

Participant Name

E-mail

Phone

T-shirt Size (adult) (*\$10.00 unless option A*)

S M L XL 2XL 3XL

Method of Payment

- Cash *Check*

MAKE CHECKS PAYABLE TO:

SPECTRUM STRENGTH & SPEED

****Checks will be cashed after June 10th unless we are notified otherwise.***

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 have against Spectrum High School and/or it's representatives, successors and assigns for any and all injuries suffered by me or by my child while a participant or spectator at the activity indicated above.

Parent Signature

Best phone number to be reached at

NO REFUNDS WILL BE GIVEN AFTER THE FIRST DAY OF CLASS (June10th)



June 10th – August 1st
(No program week of July 1st)

Monday – Thursday
Spectrum High School

For Students Grades 6-12

PROGRAM GOALS

The Spectrum Strength & Speed program offers each participant the opportunity to become a better athlete through a sound strength and speed development program. This program has proven to assist its participants to have greater success in their respective sports.

The three primary goals of the program are:

- To decrease the chance of injury for each participant
- To give each participant a greater chance to reach his/her potential
- To help increase each participant's self-confidence

PROGRAM DESIGN

Each session is designed as follows:

- Warm-up/Flexibility
- Speed/Agility Work
- Core Strength/Abdominal work
- Strength Training

Each strength-training program is individualized and based on each individual's strength level.

LETTERING OPTION

A student may earn a letter in Speed and Strength however they must enroll in option A and must attend 100% of the sessions. (*Lettering criteria will be handed out at first day of summer program*)

COACHING STAFF

Coach Sean Ryther

& other Spectrum Coaches

For more information contact:

sryther@spectrumhighschool.org

SESSIONS

Session I – Advanced

8:00 – 9:30 am

- Intense Speed/Agility Work
- Advanced strength training regimen

Session II – Beginner/Middle School

10:00 – 11:30 am

- Students will be introduced to:
- Form running and speed development
- Front squat, power clean and introduction to basic strength exercise

FEE / REGISTRATION

For the entire summer program, there will be three different WEEKLY options.

OPTION A

Cost: \$100.00

4 days per week

(t-shirt included)

OPTION B

Cost: \$55.00

2 days per week

(Must preselect what 2 days you will be attending)

**t-shirt NOT included*

Walk-in available for \$5.00 daily with registration form filled out.

**T-shirts available for
ONLY \$10.00**