

**HUSKIES GIRL POWER**

**GRADES 7 - 9**

**SUMMER STRENGTH & CONDITIONING**

**2018**

**MONDAY / WEDNESDAY / FRIDAY**

 **11:00-12:15 / 8:15-9:30 AM / 11:00-12:15**

**JUNE 11 1ST DAY OF TRAINING 11:00 AM OHS wrestling/wt. rooms**

**JULY 2 – JULY 6 MSHSL BLACK-OUT DATE NO TRAINING!!**

**JULY 9 RESUME TRAINING 11:00 AM OHS**

**AUGUST 3 LAST DAY OF TRAINING (7-9) 11:00 AM OHS**

* ***THERE WILL BE NO PRE / POST TESTING!!***

**NOTES:**  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 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 18th 2018** (The cost after deadline is $95.00) No refunds.

REGISTRATION FORM – HUSKIES GIRL POWER

Athlete’s name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade fall of 18’\_\_\_\_\_\_\_\_\_\_\_\_ 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