

2018 Ashby Summer Speed and Strength program

Who: Students entering grades 7-12

Where: Ashby School

Cost: \$80.00 (includes a t-shirt)

\$50.00 (If you qualify for reduced lunch.)

\$25.00 (If your family qualifies for free lunch.)

Contact Person: Peter Nelson (218) 747-2257(school) Email: pnelson@ashbyps.org

SPEED & STRENGTH

This program is not designed to be EASY, it is to provide Ashby students with a training program that will help them succeed in any sport as well as daily activities. This has been a great program to help each participant improve their overall athletic ability, self-confidence, and knowledge about fitness. We will not accept anything less than your best effort. The program is a 7-week program and will begin Monday, June 11th and will end Friday, July 26th. There will be no session on Monday, July 2nd through Thursday, July 6th due to the Holiday and MSHSL no contact period. The program will run three days a week; Monday, Wednesday, and Thursday 7:00-8:45am or until finished.

Again this program is not meant to be easy and your very best is needed in order to see any strength gains from this program. Great effort will receive great results. If you cannot stay focused and are sitting around/messing around, you will be removed from the program with NO REFUND. Your dedication to this program and dedication to be an above average player will pay off, but our base needs to be strong and it starts in the weight room. The coaches are looking forward in working with you athletes this year, to improve our sports programs.

By signing this form I understand that neither the school district, the director, nor anyone connected with Ashby Schools, Speed and Strength Program, will assume any responsibility for accidents, medical, dental, or other expenses incurred as a result of an accident sustained during the program.

To Register sign and return to the school along with the fee, checks payable to Ashby Schools.

Name _____ Grade _____

Parent/Guardian signature _____ Date _____

Student signature _____ Date _____

T-shirt size - _____ (please indicate if you would like it in youth sizing)

REGISTRATION DEADLINE: Open until June 1st