

# HUSKIES GIRL POWER



GRADES 7 - 9

## SUMMER STRENGTH & CONDITIONING

2017

MONDAY / WEDNESDAY / FRIDAY

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

JUNE 12	1 <sup>ST</sup> DAY OF TRAINING	11:00 AM	OHS wrestling/wt. rooms
JULY 3 – JULY 7	MSHSL BLACK-OUT DATE	NO TRAINING!!	
JULY 10	RESUME TRAINING	11:00 AM	OHS
AUGUST 4	LAST DAY OF TRAINING (7-9)	11:00 AM	OHS

❖ **THERE WILL BE NO PRE / POST TESTING THIS SUMMER!!**

**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 19<sup>th</sup> 2017 **(The cost after deadline is \$95.00)** No refunds.

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REGISTRATION FORM – HUSKIES GIRL POWER

Athlete's name: \_\_\_\_\_ Grade fall of 17' \_\_\_\_\_ 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