

STRENGTH AND CONDITIONING

Summer Program 2017

- **When:** Monday, May 29th – Wednesday, June 28th
- **Where:** Campus Weight Room
- **Days:** Monday, Tuesday, Wednesday
- **Times:** 9:10-10:50
- **Who:** 6th-8th Boys and Girls
- **Cost:** Free to Participate in Summer Weights
\$20 (If you want a t-shirt & water bottle) Paid *before* May 15th
\$25 (If you want a t-shirt & water bottle) Paid *after* May 15th
- **Transportation:** A bus will take kids from the front of HMS to Campus, and return to HMS at the end

*****Breakfast 8:00-9:00 & Lunch 11-1 Served in the cafeteria*****

Please make plans to attend the 2017 strength and conditioning summer program. We will focus on weight room fundamentals, plyometrics, and conditioning. This will be great opportunity for young kids to get a jump-start on their conditioning for fall sports.

If you have any questions, please email Coach Thomas at ethomasbaldwin@usd261.com.

Cut along line and return

Name _____ Grade _____ Phone _____

Address _____ Zip _____

I/We being the parents' and/ or legal guardians of the applicant authorize the HMS Summer Program Coaches and its agents' permission to request emergency medical treatment or care as necessary to ensure the well being of our child/dependent.

Parent/ Guardian Consent _____ Date _____ Daytime/Work # _____

I/We hereby request that you accept the application for the enrollment of above said student athlete in the 2017 Summer Program. With consideration of your acceptance of the applicant, we/I hereby release USD 261, Haysville- Middle School and all employees of the Haysville Middle School from all claims on accounts of injuries which may be sustained by my son & daughter while attending the Haysville Middle School Summer Program: and we/I agree to indemnify USD 261, Haysville Middle School and the camp staff for any claims which may hereafter be presented by our/my son & daughter as a result of such injuries.

Parent/ Guardian Consent _____ Date _____

Shirt Size: _____
(For students buying a t-shirt.)

Return to: HMS Office Staff or

**Haysville Middle School
900 W. Grand
Haysville, KS 67060**

Checks should be payable to: HMS