

Summer 2017 Westminster Strength & Conditioning Program

M-W-F June 5 - July 21
(No Session Wednesday July 5th)

Cost \$150



Available Sessions:

Session 1: 7:30-9:00

Session 2: 9:30-11:00

I would like to sign up for _____
(Indicate session here)

Special Details

1. All sessions will include weight training along with speed, agility, plyometric, and conditioning work.
2. ***Please BE ON TIME so you are able to warm-up effectively and take part in all components of the workout. We will start on time.***
3. Bring sneakers and spikes each day for training on various surfaces.
4. Bring a large water bottle.
5. ***WRITE DOWN YOUR SESSION TIME SLOT SO YOU WILL REMEMBER***

Name: _____

Address: _____

Phone: _____ Email: _____

Make check Payable to: **Westminster Christian Academy**

Mail to:
Westminster Christian Academy
Attn: Greg Schoenberg
800 Maryville Centre Drive
Town & Country, Mo. 63017

Grade in 2017-2018 (**circle one**) 7 8 9 10 11 12

T-Shirt: All participants who complete 75% of the total sessions will earn a "Westminster Strength & Conditioning" T-shirt

****SESSION IS CLOSED WHEN FULL. FIRST COME, FIRST SERVE.**

Parents: Please read, sign, and attach form with payment

I hereby give permission for my child to participate in the Summer Strength & Conditioning program organized by Westminster Christian Academy (WCA). I hereby release, hold harmless, and absolve WCA, its officers, staff, sponsors, vendors, and all others who have participated, in the planning, organizing, singly or collectively, from responsibility, loss, cost, damage, and liability for or by reason of any illness, injury, death, misadventure, harm, loss, or inconvenience, suffered or sustained as result of participation by my child in the activity.

(Parent or Legal Guardian)

Note: Financial assistance is available upon formal request to Greg Schoenberg.