



# 2018 Summer School Strength & Conditioning



The class is offered to students entering 8<sup>th</sup>-12<sup>th</sup> grade for the 2018-2019 school year.

	<b>Time</b>	<b>Days</b>	<b>Grade</b>
<b>Session 1</b>	7:30-8:45a	Monday, Tuesday, Thursday	9 <sup>th</sup> , 10 <sup>th</sup> , 11 <sup>th</sup> , & 12 <sup>th</sup> grade
<b>Session 2</b>	8:45-10:00a	Monday, Tuesday, Thursday	9 <sup>th</sup> , 10 <sup>th</sup> , 11 <sup>th</sup> , & 12 <sup>th</sup> grade
<b>Session 3</b>	10:00-11:15a	Monday, Tuesday, Thursday	8 <sup>th</sup> & 9 <sup>th</sup> grade

*\*9<sup>th</sup> grade students with weight training experience may attend Session 1, 2, or 3\**

**The fitness center will be open to participants in Session 1, 2, and 3 each Wednesday from 7:30-9:00a. This will provide students time to complete workouts that were missed or to participate in a challenge activity. Instructors will be available for assistance.**

See Mr. Marsh or Mrs. Yerkey to attend a different grade level session (carpool, class with a sibling, etc.)

### Location and Dates

All sessions will be at New London High School. Meet each day in the Bulldog Fitness Center.

<i>June 11<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup></i>	<i>June 18<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup></i>	<i>June 25<sup>th</sup>, 26<sup>th</sup>, 28<sup>th</sup></i>	<i>July 2<sup>nd</sup>, 3<sup>rd</sup></i>
<i>July 9<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup></i>	<i>July 16<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup></i>	<i>July 23<sup>rd</sup>, 24<sup>th</sup>, 26<sup>th</sup></i>	

### Requirements

- 1) A signed “Summer School Strength & Conditioning” enrollment form
- 2) Appropriate activity clothes and shoes
- 3) Medical needs, if necessary (inhaler, epi-pen, diabetic kit)
- 4) An electronic device that has internet/wifi capabilities (phone, tablet, laptop/chromebook). Please let us know if you will need an electronic device.

### Course Description

The Summer School Strength & Conditioning class will provide instruction for students to participate in a strength and conditioning program. Each student will have an individualized program developed by Volt Athletics which is accessible via computer, tablet, or smart phone device. Students will improve their fitness levels while focusing on teamwork, responsibility, work ethic, discipline, and a positive attitude. An emphasis will be placed on strength, agility, speed, plyometrics, flexibility, core development, and injury prevention.

### Objective

To provide a safe and structured environment to improve overall fitness levels while promoting the knowledge needed for lifelong physical activity. Quality instruction and supervision on the proper techniques of strength training and conditioning, as well as various training and fitness methods are geared to meet individual student goals.

# 2018 Summer School Strength & Conditioning Class Registration

Name \_\_\_\_\_ Grade: 8 9 10 11 12 (2018-2019 school year)

Session you will attend (please circle):    Session 1    Session 2    Session 3

Mailing Address \_\_\_\_\_ Home Phone # \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Student Cell # \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency Contact # \_\_\_\_\_

Does the student have an electronic device to bring to class?    Yes    No

## Acknowledgement of Possible Injury

We, the undersigned parent or guardian and the participant realize that there is a risk of being injured that is inherent in physical activities.

We give our consent for \_\_\_\_\_ to participate in the 2018 Summer School Strength and Conditioning program.

\_\_\_\_\_  
(Parent/Guardian Signature)

\_\_\_\_\_  
(Student Signature)

## List any medical concerns

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Prior to participation, please fill out the registration and acknowledgement of possible injury form and return it to Mr. Marsh or Mrs. Yerkey. Forms can also be handed in to the High School main office or the Middle School main office prior to participation.