# 2018 Summer Speed & Strength Program at JMM

The Memorial Athletic Department will be offering our Summer Speed & Strength Program at Memorial this summer. It is highly advised that **ALL** athletes be involved in the program. **You must outwork your opponent in the off season if you expect to out-compete your opponent next season. ARE YOU COMMITTED?!**

The program includes a dynamic warm-up, instruction on proper technique on all lifts, speed/agility drill instruction, plyometric training, and a log book to chart progress. All skill and experience levels are welcome.

The program will begin on Monday, June 11th and continue through Thursday, July 26th on Mondays through Thursdays. The program is run by and supervised by Memorial Coaches. You will be taught the program and supervised throughout the summer to ensure proper technique.

Five sessions will be offered. You must sign-up for a session.

Session 1 will be open to all athletes

Sessions 2 is for Female athletes ONLY, will include peak performance training specific to females

Session 3 is for all incoming 9th graders ONLY and would like introduction to weights

Session 4 and 5 are open to all athletes

Please inquire regarding any scheduling concern, it understandable that you may have to miss sessions for various reason and that can be accommodated.

The cost of the session is $80.00 per athlete. Check should be made out to JMM and must accompany the sign-up sheet. Sign-up sheets can be turned in to the Athletic Office at Memorial High School. If a fee waiver is requested please contact Jeremy Schlitz – Athletic Director at 608-663-6079.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade entering \_\_\_\_\_\_\_\_\_\_

E-mail(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Student ID# \_\_\_\_\_\_\_\_\_\_ Emergency contact \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency phone #’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Session 1 – 8-9:30 am \_\_\_\_\_\_\_\_\_\_ Session 2 – 10:15-11:45 am \_\_\_\_\_\_\_\_(Girls only)

 (Football staff) (Corinne Franz/Drew Slempkes)

Session 3 – 12:00-1:30 pm \_\_\_\_\_ (9th only) Session 4 - 1:30-3:00 pm\_\_\_\_\_\_\_\_\_

 (Corinne Franz) (Corinne Franz)

Session 3 – 6:00-7:30 pm \_\_\_\_\_

 (Corinne Franz)

Please circle anticipated sports

**Fall: Winter: Spring:**

Football Girls Basketball Girls Track

Girls Tennis Boys Swim Boys Track

Girls Golf Boys Hockey Softball

Girls Swim Wrestling Baseball

Girls Cross Country Boys Basketball Boys Golf

Boys Cross Country Girls Hockey Boys Tennis

Girls Volleyball Gymnastics Girls Soccer

Boys Volleyball Pom (fall also)

Boys Soccer Cheer (fall also)

**\_\_\_\_\_\_\_\_ I need a partial scholarship. I can pay $40.00**