

# SUMMER STRENGTH PROGRAM

## ALL CURRENT ATHLETES GRADES 6-11

Lourdes Academy will again be coordinating a summer training program. Workouts will take place in the Lourdes Wellness Center and outdoor athletic fields. Athletes will learn weight lifting techniques designed to improve their athletic performance. They will be educated on weight room safety, how to properly spot their peers and help motivate them to reach their goals.

### DETAILS:

- Open to all students (boys and girls) entering grades 7-12 in the 19/20 school year
- Dates:  
June: 11-13, 17-20, 24-27  
July: 1-2, 8-11, 15-18, 22-24
- Times: 8:00-9:30 am
- Cost: \$40 (make checks payable to Lourdes Academy)
- Payment and signed permission form due Tuesday, June 11 (first day of program)

Contact: Andrew Wagner with any questions or concerns.

Phone: 920-382-8094      Email: awagner@lourdes.today

### **Lourdes Summer Strength & Conditioning Program Permission Slip**

\_\_\_\_\_ has my permission to participate in the Summer Strength Program at Lourdes Academy. I agree not to hold any coaches, staff or Lourdes Academy liable for any injuries that may occur.

I am the parent or legal guardian of the participant hereby authorize the program director to act for me according to his best judgement in any emergency requiring medical attention, and hereby waive and release the program director and Lourdes Academy from any and all liability for any injuries or illness incurred while participating in the program. My daytime phone number is \_\_\_\_\_

\_\_\_\_\_  
Signature **AND** Date