

Summer 2008 Upper School Strength & Conditioning Program

M-W-F June 2nd-July 25

Cost \$50

(Off Friday July 4th)

Session 1: Varsity Football 8:00-9:45

Session 2: Fresh/JV Football & All other Male Sports 10:00-11:45

Session 3: Boys/Girls Basketball & All other Female Sports 3:15-5:00



Program Content:

All sessions will include high intensity weight training along with speed, agility, plyometric, and/or conditioning work.

It is important to note that all aspects of the program are equally valuable. Plan on attending the entire session each day.

Name: _____

Address: _____

Phone: _____

Sport(s): _____ Grade in 08-09: Fr. Soph. Jr. Sr.

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

Mail to:

Westminster Christian Academy
Attn: Dave Schall
10900 Ladue Rd.
St. Louis, Mo. 63141

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

Shirt Size: **(circle one)** S M L XL XXL

LATE REGISTRATION FEE: Due to scheduling needs ALL registrations received after May 23rd will be charged a \$10 fee. Refunds can be given only within the first two weeks of the program. Illness or injury must be medically documented for refund. ***Space is limited!!!***

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, single 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. I also agree with the late registration fee stipulations.

(Parent or Legal Guardian)

Questions: See Coach Schall or contact him at:
dschall@wcastl.org or 314-997-2901 x170

**Note: Coach Schall will be out of the office
May 24-June 1.**

