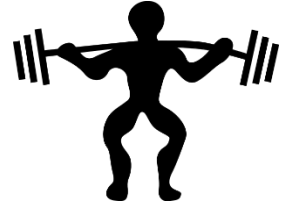


Summer Training Camp @ Wachter Middle School



Who: Boys and Girls entering 5th grade through Middle School.

Dates: June 6th through July 18th. Mondays, Tuesdays and Thursdays. No training on July 3-4.

Time Sessions: Four sessions to choose from **8:00, 9:00, 10:00, and 11:00.**

Location: Wachter Middle School Gyms and Fields

Cost: \$100 early registration. \$110 after May 1st. (Includes shirt.) No Refunds after May 15

Questions: Contact Andrew Prokop or Kevin Schmitcke at 323-4650

andrew_prokop@bismarckschools.org or kevin_schmitcke@bismarckschools.org

Training Camp Objective:

The training camp will offer personalized speed, plyometric, weight, and agility training for middle school aged athletes. The athletes will be taught proper weight training techniques and injury prevention in a well-supervised environment. Individualized programs will be designed to fit the needs of the athlete. **Space is limited. Sessions fill up quickly.**

Make cash or check made payable to:

Andrew Prokop
851 San Angelo Dr.
Bismarck, ND 58504

Athlete _____ **DOB** _____ **Grade (Fall 2017)** _____

Address _____ **Gender** M ___ F ___

E-mail _____

Time Preference: 8:00a.m. _____ 9:00 a.m. _____ 10:00 a.m. _____ 11:00a.m. _____ **2nd Time Preference** _____

Training Partner/friend to schedule together if desired _____

Parent/Guardian _____ **Shirt Size:** Youth _____ Adult _____

Cell Phone _____ **Work Phone** _____

Emergency Contact Person _____ # _____

I CERTIFY that my child/participant is physically able to participate in all training activities. I understand that there are certain risks of injury inherent with training and I am willing to assume these risks on behalf of my child/ward. Bismarck Public Schools and the training camp instructors assume no responsibility for accidents or illness. The Bismarck Public Schools district and coaching staff are not responsible for any medical expense that may incur due to participation. I agree to all of the conditions stated above.

Parent/Guardian Signature _____ **Date** _____