

Sports Advantage – June 2021

Personalized training to help you become a better athlete

Key Components

- Speed - Agility - Strength - Flexibility

Including:

- Cardio Training - Plyometric Training - Weight Training (age appropriate)

Horizon Middle School

June 7th – July 1st – One hour training sessions –

Monday – Thursday

9:00am, 10:00am, 11:00am

\$100 per athlete

Spots will be limited per session

First come/First serve

Questions: email derrick_leithold@bismarckschools.org or call/text 701-426-8398

Payable in VENMO/cash/check to:

Venmo payments: @Derrick-Leithold

Checks made out to: Derrick Leithold

634 Parker Ranch Road

Bismarck, ND 58503

Athlete _____ Grade (Fall 2021) _____

Time Preference: 9:00 a.m. _____ 10:00 a.m. _____ 11:00 a.m. _____

T-Shirt Size: Youth _____ Adult _____

Address _____

E-mail _____

(Please print email address legibly)

Parent/Guardian _____

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 Derrick Leithold assume no responsibility for accidents, injuries or illness. The Bismarck Public Schools district and coaching staff are not responsible for any medical expense that may incur due to participation. ND Dept of Health guidelines will be followed in terms of class size, social distancing, and sterilization. I agree to all of the conditions stated above.

Parent/Guardian Signature _____ Date _____