

# J.H. Summer Strength and Conditioning Program



**Who?** Any 2019-2020 JH athlete

**What?** Athletes will use a strength and agility program designed by coaches directed towards helping you succeed in your sport.

*It will allow you to get a great program locally without travel or a high-cost facility. This program is designed to meet the needs of athletes in various different sports. Athletes will gain muscle strength, become leaner, quicker, and faster. Also, you will be working out with your teammates in order to build team unity. Conditioning, flexibility, and agility will also be a major part of the program.*

**When?** Begins Tuesday, June 11<sup>th</sup> and ends Thursday, July 25<sup>th</sup>.

Closed the days of July 2<sup>nd</sup> -July 4<sup>th</sup> (open again Tues. July 9<sup>th</sup>)

**Time?** 9:00 AM to 10:00 AM

3 Days (Tuesday, Wednesday, Thursday)

**Where?** Lennox High School Weight Room & Gym

**Why?** Improve strength, agility, and speed of Lennox athletes. It will get you more explosive, better stamina, and prepare you physically for the upcoming seasons.

**Cost?** **FREE** to all Lennox Oriole students

**Due:** May 17<sup>th</sup> (will accept late registration)

*Please return registration to Coach Luze or HS Office.*

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**Release Form:** In consideration of the acceptance of this application, I, intending to be legally bound hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I have against conditioning staff and Lennox School for any damages which may be sustained and suffered out of my participation in the Summer Strength and Conditioning Program.

**Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Grade Next Year:** 7<sup>th</sup> 8<sup>th</sup>

Matthew Luze 800 W. 2 <sup>nd</sup> Ave Lennox, SD 57039
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Participant's Name

Parent's or Guardians Signature

**Date signed:** \_\_\_\_\_