

SIGN-UP INFORMATION

Name: _____

Address: _____

City: _____ Zip: _____

Home Phone: _____

Session: _____ 2011-12 Grade in School: _____

Mothers Work/Cell Phone: _____

Fathers Work/Cell Phone: _____

Insurance Co: _____ Policy # _____

Shirt Size (Circle One): YS YM YL S M L XL XXL

DISCLAIMER

My child, _____

Has my permission to participate in The Bonner Springs Summer

Conditioning Program. I understand that my child will participate in activities that may involve physical contact with the ground and/or other people. I understand that there is no insurance carried by The Bonner Springs Summer Conditioning Program and I hereby release the instructors, program and school system from any and all claims and/or financial responsibilities which my child may sustain at or traveling to and/or from The Bonner Springs Summer Conditioning Program.

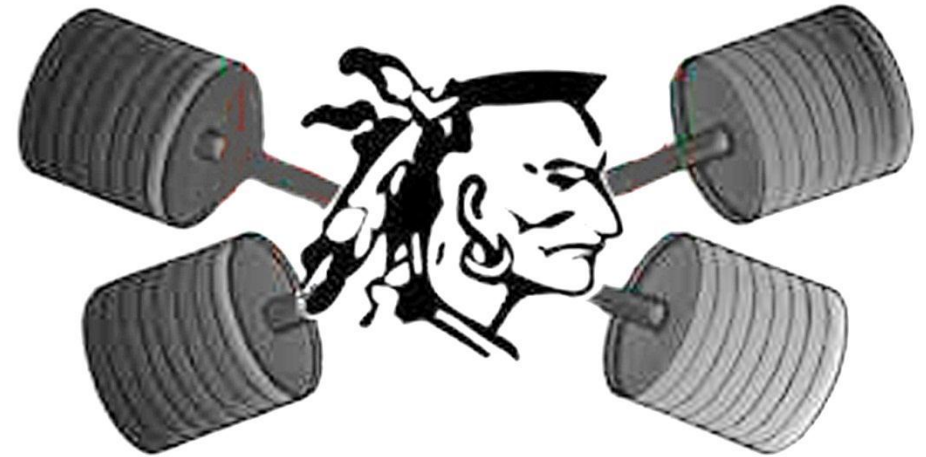
In the event of an emergency in which my child requires medical attention, I authorize the staff to act for me and to obtain whatever medical treatment the staff deems necessary. I further agree to be responsible for any medical and/or other charges in conjunction with his participation at The Bonner Springs Summer Conditioning Program.

If your child has any restrictions, physical limitations or impairments of which we need to be advised of please notify Lucas Aslin- Head Football Coach at aslinl@usd204.net

Parent's Signature Date

We encourage your athlete to get a physical before starting physical!

2012 Bonner Springs Summer Conditioning Program



"Building Braves"

Session # 1- Football Athletes- Grades 7-12 (Fall 2012 Grade)

- Monday, Tuesday, Thursday, Friday 6:30 – 8:00 a.m.
- Session runs from June 4- August 10

Session # 2- Female Athletes Grades 7-12 (Fall 2012 Grade)

- Monday, Tuesday, & Thursday 9:00 – 10:30 a.m.
- Session runs from June 4 – July 27

Session # 3- Male & Female Athletes Grades 2-6 (Fall 2012 Grade) Male Athletes Grades 7-12 (Fall 2012 Grade)

- Monday, Tuesday, & Thursday 10:30 – 11:30 a.m.
- Grades 2-6 Session runs from July 9 – August 2
- Grades 7-12 Session runs from June 4- July 27

What are the benefits of the Bonner Springs Summer Conditioning Program?

The Bonner Springs Summer Conditioning Program is a weight and speed development program sponsored by the athletic staff at Bonner Springs High School. This program is designed to increase flexibility through a dynamic and ballistic stretching program, increase overall athletic strength through an explosive and power based weight training program, and maximize speed and agility through a linear, lateral, and plyometric based conditioning program. Each group will base out of the same core workout, but will adjust to the age, gender, and sports specific nature of each group.

Program groups, dates, and times

The Bonner Springs Summer Conditioning Program will run four strength and conditioning sessions per week based on age, gender, and ability level.

Make sure you sign-up for the appropriate weight group based on sport you play, gender, and age!!!!

Session # 1- Football Athletes- Grades 7-12 (Fall 2012 Grade)

- Monday, Tuesday, Thursday, Friday 6:30 – 8:00 a.m.
- Session runs from June 4- August 10

*This session focuses on advanced levels of strength development and cardiovascular conditioning geared to the sport of football. Heavier weights and advanced lifts will be used in this session for the 9-12 graders.

Session # 2- Female Athletes Grades 7-12 (Fall 2012 Grade)

- Monday, Tuesday, & Thursday 9:00 – 10:30 a.m.
- Session runs from June 4 – July 27

Session # 3- Male & Female Athletes Grades 2-6 (Fall 2012 Grade)

Male Athletes Grades 7-12 (Fall 2012 Grade)

- Monday, Tuesday, & Thursday 10:30 –11:30 a.m.
- Grades 2-6 Session runs from July 9 – August 2
- Grades 7-12 Session runs from June 4- July 27

*This session focuses on advanced levels of strength development and cardiovascular conditioning geared for all sports. Heavier weights and advanced lifts will be used in this session for 9-12 graders.

* Grade 2-6 session focuses on flexibility, speed, and agility development geared to all sports. There is not a weight component to this session.

* Grade 7-12 session focuses on advanced levels of strength development and cardiovascular conditioning geared for all sports. Heavier weights and advanced lifts will be used in this session for 9-12 graders.

There will be NO Sessions held:

- July 2-6 for all sessions (due to July 4th Holiday)
- July 30 – August 3 (Session # 1 only)
- Session # 3- Males athletes grades 2-6 will have workouts the week of July 30 – August 3

What is the COST?

- Cost is \$25 dollars per individual or \$35.00 per family (no limit on number of athletes in family)
- Each individual will receive Brave Summer Conditioning T-shirt with enrollment.

**The Bonner Springs Coaching staff running each conditioning session reserves the right to remove athletes from the program that are not demonstrating proper conduct and work ethic. If individual is removed from the Bonner Springs Summer Conditioning Session; parents will be notified and no refunds will be issued.*

Location and Facilities

- The Bonner Springs Summer Conditioning program will be held at the Bonner Springs High School weight room, gyms, football game field, and practice fields.
- Each session will meet every day in the Bonner Springs High School weight room.

Enrollment Procedure

- In order to enroll your student athlete in the Bonner Springs High School Summer Conditioning Program, fill out the Sign up Information and Disclaimer, along with payment and return it to the Bonner Springs High School Athletic Office.
- Make Checks Payable to BSHS Summer Conditioning Program
- Please have the sign up information on file at the Bonner Springs Athletic office along with a current physical before workouts start on June 4th.
- If you have any questions please email Lucas Aslin- Head Football Coach at Bonner Springs High School at aslinl@usd204.net