







# 2014 MIDDLE SCHOOL STRENGTH & CONDITIONING CAMP

-  Receive 8 evenings of one-on-one training with Basehor-Linwood High Schools certified strength & conditioning coach as well as current BLHS student athletes
-  Work with speed, agility, and quickness training along with the basics of strength training and overall body development and movement patterns
-  Learn a variety of principles in regards to living a healthy lifestyle
-  Prepare for future participation in the BLHS Strength & Conditioning Program

There are two sessions available. All participants receive a S&C Water Bottle at completion  
Each session is \$40 with a portion going to the S&C program & insurance.

The sooner you enroll, the better. We will cap the size at 50 per session to maintain a one-on-one atmosphere. First come first served

If you have a question on session size, please do not hesitate to e-mail Ross Schwisow at [rschwisow@usd458.org](mailto:rschwisow@usd458.org)

Please notice the dates in Session One because of spring break. We will go three weeks, take spring break off and then go one last week.

The days have been set for Monday and Wednesday for each session because of time constraints and middle school track.

If a student wishes to attend both sessions they are more than welcome to do both sessions

## ENROLLMENT FORM

NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_ GENDER: \_\_\_\_\_ AGE: \_\_\_\_\_  
PHONE NUMBER: \_\_\_\_\_ PARENTAL -MAIL \_\_\_\_\_  
PARENTS NAMES: \_\_\_\_\_ PARENTAL SIGNATURE: \_\_\_\_\_

### SESSION YOU WISH TO ATTEND

___ Session 1	FEB 24, 26, MAR 3,5,10,12,24,26	Mon & Wed	5:15 to 6:15PM
	Please remember the week off for spring break in Session 1		
___ Session 2	MAR 31, APR 2,7,9,14,16,21,23	Mon & Wed	5:15 to 6:15PM

MAIL FORM TO:

BLHS c/o Ross Schwisow 2108 N. 155th St. Basehor, KS 66007  
MAKE CHECKS PAYABLE TO ROSS SCHWISOW