

## **2019 Summer Speed & Strength Programming at JMM**

The Memorial Athletic Department will be offering our Summer Speed & Strength Program at Memorial this summer. It is highly advised that **ALL** athletes be involved in the program. **You must outwork your opponent in the off season if you expect to out-compete your opponent next season. ARE YOU COMMITTED?!**

The program includes a dynamic warm-up, instruction on proper technique on all lifts, speed/agility drill instruction, plyometric training, and a log book to chart progress. All skill and experience levels are welcome.

The program will begin on Monday, June 17<sup>th</sup> and continue through Thursday, August 1<sup>st</sup> daily Monday-Thursday. The program is run by and supervised by Memorial Coaches. You will be taught the program and supervised throughout the summer to ensure proper technique.

### **Five sessions will be offered. You must sign-up for a session.**

Session 1 will be open to all athletes

Sessions 2 is for Female athletes ONLY, will include peak performance training specific to females

Session 3 is for all incoming 9<sup>th</sup> graders ONLY and will include introduction to weights

Session 4 and 5 are open to all athletes

Please inquire regarding any scheduling concerns. It is understandable that you may have to miss sessions for various reasons and that can be accommodated.

The cost of the session is \$80.00 per athlete. Checks should be made out to JMM and must accompany the sign-up sheet. Sign-up sheets can be turned in to the Athletic Office at Memorial High School. If a fee waiver is requested, please contact Jeremy Schlitz – Athletic Director at 608-663-6079.

## 2019 Summer Speed & Strength: Sign Up Sheet

Name \_\_\_\_\_ Grade entering \_\_\_\_\_

E-mail(s) \_\_\_\_\_

\_\_\_\_\_

Student ID# \_\_\_\_\_ Emergency contact \_\_\_\_\_

Emergency phone #'s \_\_\_\_\_

Session 1 – 8-9:30 am \_\_\_\_\_

Session 2 – 10:15-11:45 am \_\_\_\_\_ (Girls)

Session 3 – 12:00-1:30 pm \_\_\_\_\_ (9<sup>th</sup> only)

Session 4 - 1:30-3:00 pm \_\_\_\_\_

Session 5 – 6:00-7:30 pm \_\_\_\_\_

Please circle anticipated sports

**Fall:**

Football  
Girls Tennis  
Girls Golf  
Girls Swim  
Girls Cross Country  
Boys Cross Country  
Girls Volleyball  
Boys Volleyball  
Boys Soccer

**Winter:**

Girls Basketball  
Boys Swim  
Boys Hockey  
Wrestling  
Boys Basketball  
Girls Hockey  
Gymnastics  
Pom (fall also)  
Cheer (fall also)

**Spring:**

Girls Track  
Boys Track  
Softball  
Baseball  
Boys Golf  
Boys Tennis  
Girls Soccer

\_\_\_\_\_ I need a partial scholarship. I can pay \$40.00