

**VIKING STRENGTH & SPEED
SUMMER 2019**

PROGRAM GOALS:

The High School Strength & Speed Program offers each athlete the opportunity to become a better athlete through a sound strength and speed program, preparing them for greater success in their respective sports. The goals of the program are as follows:

- To decrease the chance of injury for each athlete.
- To give each athlete a greater chance to reach his/her potential.
- To help increase each athlete's self-confidence and self-esteem.

Each session will be divided equally between strength training and speed training. Emphasis will be placed on Improving overall body strength, speed, agility, flexibility and nutrition.

WHO: High School Sessions (ONLY for students entering grades 9-12)

COST: \$100

SCHEDULE: June 3-July 25, 2019 (Monday-Thursday, NO Friday's)

Session 1 6:00-8:00am

Session 2 8:00-10:00am

Strength & Speed Staff

Bret St Arnauld

Head Football Coach
Strength/Speed Coordinator

Josh Hinze

Head Wrestling Coach
Strength/Speed Coordinator

****We will always meet on the track unless weather dictates; otherwise we will meet outside of the high school fitness center****

-----DETACH HERE-----

VIKING STRENGTH & SPEED

Make checks payable to **MHB GRIDIRON CLUB**. Drop off registrations in the High School office by **May 24th** or

Mail completed form with full payment to:

MHB GRIDIRON CLUB, Mt. Horeb Middle School, 900 E. Garfield St. Mount Horeb, WI 53572

Student Name: _____ **Grade Entering (2019-20) :** _____

Address: _____ **Email:** _____

Parent/Guardian Phone: _____ **Session #:** _____

T-shirt size (circle one): S M L XL XXL

PARENT/GUARDIAN STATEMENT: I hereby authorize the directors of Viking Strength & Speed to act according to their best judgement in any emergency requiring medical attention. I hereby release and waive the MHB Viking Strength and Speed Staff and MHB Gridiron Club from all liability for any injury or illness. I have no knowledge of any physical impairment of the Athlete.

Parent's Signature _____

QUESTIONS?? For further information, call Bret St Arnauld at 906.221.5664 or starnauldbret@mhasd.k12.wi.us

#AttackSucces

#DeserveVictory