

PCS Summer Strength and Conditioning

When: June 5th – Aug 4th *Off week July 3rd – 7th*

Who: Grades 7th – 12th

Cost: **\$100** Make checks payable to: **Park Christian School**

***Each participant that registers on time will receive a t-shirt! Please circle the correct size below.**

Youth S Youth M Youth L Youth XL Adult S M L XL XXL

Registration Deadline: **Friday May 19, 2017** (Late registrations; no guarantee for tee-shirt)

This summer long camp will provide great opportunities to take your PCS athletic career to the next level. Park Christian's Strength and Conditioning Director, Kurt Motschenbacher, will be leading the camp throughout the summer. This year the Strength and Conditioning program will be assisted by Lawton Burgstahler, Park Christians Head Football Coach.

Main Session 8am – 9:45am Mondays, Tuesdays, and Thursdays

Over this period students will be split in half with one group going outside for Speed & Agility work with Coach Burgstahler and the other half inside working with Coach Motschenbacher doing strength work in the weight room. Then groups will switch midway through the session. **This will be the most hands-on session with coaches!**

Session 2 10am – 11:45 Mondays, Tuesdays, and Thursdays

Depending on numbers and coach availability, we will have supervised Strength work in the weight room. If coaching staff available, we will have a speed and agility session as well. If coaching is not available athletes will be given speed, agility and/or conditioning work to do on their own. **Athletes will always be supervised in the weight room.**

Wednesdays

Will be left open for make-up strength sessions and open gym. If Athletes are attending the regular sessions this will be optional or off day.

Fridays

Will be for open gym, make-up strength work and **"coach's choice"** bonus workouts for committed athletes.

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Please return this form with your registration fee to the PCS office by May 19.

Student Name _____ Grade _____ Age _____
Address _____ City _____ Phone _____
Parents Name _____ School _____
Any medical conditions _____
Emergency contact _____ Phone _____

Parents or guardians read the consent form for your son/daughter to participate in this camp.

I hereby consent to have my child participate in the Park Christian School Speed and Strength Program. I understand that there are risks involved in participation in this program’s activities. I certify that my child is medically fit and able to participate in this activity. I authorize the school staff to act in their best judgment in an emergency that requires medical attention for my child.

Parent/Guardian

Signature _____ Date _____

Send Registration and \$100 Fee to:
Park Christian School, 300 17th St. N., Moorhead, MN 56560