

## SUMMER STRENGTH/SPEED CLASS 2010

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HIGH SCHOOL SESSIONS:      8:00-9:30 a.m.      (Monday through Friday)  
   9:30-11:00 a.m.      (Monday through Friday)  
   5:00-6:30 p.m.      (Monday through Thursday)

MIDDLE SCHOOL SESSIONS:      11:00-noon      (Monday, Tuesday, Wednesday)

- Classes begin Monday, June 14<sup>th</sup> and run through Friday, July 30<sup>th</sup>.

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Purpose:      This class is design to help student-athletes improve their strength and agility

Where:      PHS Weight Room

Who:      Any student entering grades 7-12 in the fall of 2010

Cost:      \$10.00 for those who register by Friday, June 4<sup>th</sup>.  
   \$20.00 for anyone registering after June 4<sup>th</sup>

Instructor:      Mr. Statz

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Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Grade (Fall 2010) \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

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- Please return this form into Deb Helbing at the High School Office or at the Middle School Office by **Friday, June 4, 2010.**