

SUMMER STRENGTH/SPEED CLASS 2011

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 13th and run through Thursday, July 28th.
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Purpose: This class is designed to help student-athletes improve their strength and agility.

Where: PHS Weight Room

Who: Any student entering grades 7-12 in the fall of 2011

Cost: \$10.00 for those who register by Friday, June 3rd.
 \$20.00 for anyone registering after June 3rd.

Instructor: Mr. Statz

Name: _____

Address: _____

Grade (Fall 2011) _____

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 3, 2011**.