

Roughriders Athletic Enhancement Strength & Conditioning 2016

WHAT:	Roughriders Strength staff will lead you through a summer strength and conditioning training program providing an opportunity to improve yourself as an athlete. This program will build upon your work during the school year and prepare you for your upcoming season. Additional benefits are the development of camaraderie , the sense of a common cause for teammates to bond, a sense of accountability as you have adults supervising <u>every</u> workout, <u>every</u> day, and build self-efficacy.					
WHO:	Any Red River High School Athlete for the upcoming 2016-17 School Year					
WHERE:	The Red River High School weight room					
WHEN:	Monday-Th Session I Session II	ursday beginning N 7:00-8:00am 8:00-9:00am	Session III	ng Wednesday, August 3 9:00-10:00am (Females only) 10:00-11:00am		
COST:	\$80 (fee covers t-shirt & participation) Make Checks out to <u>Roughriders Strength</u> *fee reduction or waiver available upon request, please contact Mr Muir. We will not turn anyone away.					
REGISTRA Cut Here		o Mr Muir at RRHS 221 46-2400 ext 6838	1 17 th Ave S Grand Forks, NI email: vyrn.muir@gfsch			
NAME:	T-shirt size: S M L XL XXL (all adult)					
Grade in Fal	l:	Parent/Gu	ardian Emergency Pho	one:		
Parent/Guardian Name:			Session Attendanc	e <u>I II III IV</u>		

I understand that I will not hold any of the coaches or the Roughriders Athletic Enhancement Strength & Conditioning liable for any damages or expenses incurred as a result of participation in the program. Athletic participation can cause serious injuries and I understand that the coaches and the Roughriders Athletic Enhancement Strength & Conditioning will not be held liable for injuries incurred as a result of participation in the program. I also understand that travel to and from camp sessions is the responsibility of the parent/guardian and the Roughriders Athletic Enhancement Strength & Conditioning does not provide medical insurance. I have read the above statement and completely understand and agree with the content.

**Participant Signature:	Date _	, 2016
**Parent/Guardian Signature: _	Date	, 2016