



**FOOTBALL STRENGTH,  
 SPEED & CONDITIONING  
 JUNE 13 - JULY 18, 2017**

**Grades 3 - 6 in Fall 2017**

This program is designed for young athletes looking to improve strength, speed, agility and stamina. Please wear appropriate work out clothing, bring a water bottle and be ready to work hard! Class will meet in the East Gym. **There is no class on July 4.**

Tuesday ..... 10:45am - 11:45am




**FALL SPORTS STRENGTH,  
 SPEED & CONDITIONING  
 JUNE 13 - JULY 18, 2017**

**Grades 7 - 12 in Fall 2017**

Commit: decide in your mind that you are willing to do whatever it takes to maximize your physical ability and better compete in your sport. Prepare: put in the work before the season, before the game, before you face your opponent so you know you are ready to compete. Perform: trust in the effort you have put in, trust in your ability to compete and trust in yourself that you did everything you could to be ready for this season, game, moment.

Maybe you are fighting for a starting position, running your first 5K or want to improve your power, strength and conditioning. Using plyometrics, agility/ quickness drills, strength training and circuit type workouts, this training program will put you over the top. Class will meet in the East Gym. **There is no class on July 4.**

Tuesday ..... 12:00pm - 1:00pm



**SHEBOYGAN YMCA 2017 SUMMER YOUTH STRENGTH, SPEED & CONDITIONING PROGRAMS**

Please return to the Sheboygan YMCA, 812 Broughton Dr, Sheboygan, WI 53081 | 920-451-8000

Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Grade \_\_\_\_\_  M  F

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip Code \_\_\_\_\_ Phone 1 \_\_\_\_\_ Phone 2 \_\_\_\_\_

School \_\_\_\_\_ Email \_\_\_\_\_

**Emergency Contact** \_\_\_\_\_ **Phone #** \_\_\_\_\_

**HOLD HARMLESS AGREEMENT**

I hereby agree to waive any claim or liability I may have on the YMCA arising out of use of the facility, and further agree that I will indemnify and save harmless the YMCA from any and all claims brought against the YMCA, its members and volunteers, on account of death, injury, or damage to persons or property received by any persons by reason of the acts or omissions of the users in their use. I also agree to waive any claims against the YMCA, its members and volunteers for injuries or damages that may result from the conduct of other persons, including participants in the program. I understand the above responsibilities and I give permission for my child to participate and be photographed in YMCA activities.

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Football Strength, Speed and Conditioning**

17SU-1Y1FOOTBALL

- \$12.00 YMCA Family Member
- \$14.00 YMCA Youth Member
- \$24.00 Participant

**Fall Sports Strength, Speed and Conditioning**

17SU-1Y1FALLSPORT

- \$12.00 YMCA Family Member
- \$14.00 YMCA Youth Member
- \$24.00 Participant

Receipt # \_\_\_\_\_ Amt Paid \_\_\_\_\_ Date \_\_\_\_\_ Staff \_\_\_\_\_