

ACCMS TIGER POWER



Monday – Thursday ACCHS Weight Room June 19th – August 3rd

TIME: 2 sessions available
10:30 – 11:45 a.m.
1:00 – 2:15 p.m.

Participants: Any girl or boy that will be entering 7th or 8th grade

FEE: NO CHARGE

Come to Tiger Power this summer where you can participate in a readiness strength and agility program designed to teach basic weight lifting techniques and weight room safety. You will develop speed and coordination through agility drills and also incorporate strength gains into sport related skills helping you to maximize your athletic abilities. Proper warm-up, cool down and stretching will be emphasized to increase flexibility, prevent injuries and prevent excessive muscle soreness.

*Please cut here and return bottom portion

NAME: _____
GRADE (2006-07 SCHOOL YEAR – CIRCLE ONE): 7 8
HOME PHONE NUMBER: _____
EMERGENCY PHONE NUMBER: _____
ADDRESS: _____

Authorization

I hereby authorize the staff of U.S.D. #377 to act for me according to their best judgment in any emergency requiring medical attention and I hereby waive and release Tiger Power, all staff members and U.S.D. #377 from any and all liability for any medical or other charges in connection with my child's attendance. I understand that violation of program rules may result in dismissal. We grant permission for our child to participate in Tiger Power and acknowledge the fact that they are physically able to participate in the program activities.

Parent / Guardian Signature: _____ Date: _____

***Bring this release the first day of attendance**
For more information call Coach Wetig @ 620-617-4258 or contact ACCMS @ Phone: 913-833-4420