



JUNIOR HAWKS

Strength & Conditioning - Summer 2016

Program Description: The goal of the Junior Hawks Strength and Conditioning Camp is to prepare youth for the demands of competition and to increase overall fitness levels. We will focus on age appropriate skills that are fun and engaging with the idea of developing the “overall athlete”.

Age Level: 5th, 6th, 7th, & 8th grade

Dates: June 14th - July 6th

Location: North Campus Fitness Center (off of North Campus East Gym)

Days/Times: Tuesdays & Wednesdays 3:00-4:15

Fee: \$120 (includes camp shirt)

Questions: Contact Jeremy Miller at millerj@arrowheadschoools.org or 369-3611 ext. 4644

Head Trainer



Jeremy Miller: Head Wrestling Coach—Certified Personal Trainer
Youth Fitness Specialist—Performance Enhancement Specialist



I give my son/daughter _____, grade _____, permission to participate in Arrowhead’s Strength and Conditioning program. I do not hold Arrowhead High School or the staff liable while my child is participating in this program. I acknowledge that at camp, my child will participate in a variety of strength and conditioning activities, which could result in injury. I acknowledge- that I must have adequate health insurance to cover any injuries while involved in this program. I also understand that spots may be limited and will be granted on a first come, first serve basis.

Parent / Guardian Signature _____ Date _____

Address _____ Shirt Size (Adult) _____

E-Mail _____ Phone (Cell) _____ (Home) _____

Make Checks Payable and send to: Arrowhead High School, Attn: Jeremy Miller, 700 North Avenue, Hartland, WI 53029