

SIGN-UP INFORMATION

NAME: _____

ADDRESS: _____

CITY: _____ ZIP: _____

HOME PHONE: _____

SESSION: _____ 2015-16 GRADE: _____

MOTHERS WORK/CELL PHONE: _____

FATHERS WORK/CELL PHONE: _____

EMERGENCY CONTACT NAME & NUMBER: _____

INSURANCE CO: _____ POLICY # _____

DISCLAIMER

MY CHILD, _____ HAS MY PERMISSION TO PARTICIPATE IN THE JAGUAR IRON SUMMER PROGRAM. I UNDERSTAND THAT MY CHILD WILL PARTICIPATE IN ACTIVITIES THAT MAY INVOLVE PHYSICAL CONTACT WITH THE GROUND AND/OR OTHER PEOPLE. I HEREBY RELEASE THE INSTRUCTORS, PROGRAM AND SCHOOL DISTRICT FROM ANY AND ALL CLAIMS AND/OR FINANCIAL RESPONSIBILITIES THAT MY CHILD MAY SUSTAIN AT OR TRAVELING TO AND/OR FROM THE JAGUAR IRON SUMMER PROGRAM.

IN THE EVENT OF AN EMERGENCY IN WHICH MY CHILD REQUIRES MEDICAL ATTENTION, I AUTHORIZE THE STAFF TO ACT FOR ME AND TO OBTAIN WHATEVER MEDICAL TREATMENT THE STAFF DEEMS NECESSARY. I FURTHER AGREE TO BE RESPONSIBLE FOR ANY MEDICAL AND/OR OTHER CHARGES IN CONJUNCTION WITH HIS PARTICIPATION AT THE JAGUAR IRON SUMMER PROGRAM.

IF YOUR CHILD HAS ANY RESTRICTIONS, PHYSICAL LIMITATIONS OR IMPAIRMENTS OF WHICH WE NEED TO BE ADVISED OF PLEASE LIST THEM BELOW.

Parent's Signature

Date

We encourage ALL athletes to have a physical before the start of camp!

JAGUAR IRON SUMMER 2015



June 9 – July 16, Aug. 3 - 6

GROUP 1 - 10TH-12TH GRADE FOOTBALL ATHLETES
MON/TUES/WED/THUR 6:30-8:30 AM

GROUP 2 - 9TH GRADE MALE ATHLETES
MON/TUES/THUR 7:00-8:30 AM

GROUP 3 – 10TH-12TH GRADE ATHLETES – MALE AND FEMALE
MON/TUES/THUR 8:30-9:30 AM

GROUP 4 - 7TH & 8TH GRADE MALE ATHLETES
MON/TUES/THUR 9:15-10:15 AM

GROUP 5 - 7TH-9TH GRADE FEMALE ATHLETES
MON/TUES/THUR 10:00-11:00 AM

What is The JAGUAR IRON Summer Program?

THE JAGUAR IRON SUMMER PROGRAM IS A WEIGHT AND SPEED DEVELOPMENT PROGRAM SPONSORED BY THE ATHLETIC STAFF. THIS PROGRAM IS DESIGNED TO INCREASE YOUR SPEED, STRENGTH, AGILITY AND FLEXIBILITY. IT HAS A PROVEN TRACK RECORD THAT INVOLVES WEIGHT TRAINING, FORM RUNNING, AGILITY, PLYOMETRICS, AEROBICS AND FLEXIBILITY TRAINING. YOUR ATHLETE CAN AND SHOULD EXPECT IMPROVEMENT IN EACH OF THESE AREAS AND IN OVERALL CONDITIONING.

When is The Program?

THE JAGUAR IRON PROGRAM STARTS TUESDAY, JUNE 6TH AND CONTINUES THROUGH THURSDAY AUG. 6TH.

*** SESSIONS WILL BE HELD EACH WEEK STARTING JUNE 9TH AND ENDING AUG 6TH EXCEPT FOR THE FOLLOWING DATES:

JULY 1ST – JULY 3RD (4TH OF JULY BREAK)
JULY 20TH – JULY 31ST (SUMMER BREAK)

Who can attend?

ANY ATHLETE, MALE OR FEMALE, 7TH GRADE AND UP WHO WANTS TO IMPROVE THEIR PHYSICAL ABILITIES THROUGH HARD WORK AND DEDICATION WHILE HAVING FUN MAY ATTEND.

What is the COST?



75.00 (CHECK MADE PAYABLE TO JAGUAR STRENGTH PROGRAM)

Where is the program held?

AT THE MILL VALLEY HIGH SCHOOL WEIGHT ROOM , GYMS, AND PRACTICE FIELDS.

What Now?

MAKE THE DECISION TO ENROLL YOUR ATHLETE TODAY!

1. MAKE CHECKS PAYABLE TO:

JAGUAR STRENGTH PROGRAM

2. ATTACH CHECK TO THE SIGN UP INFORMATION SHEET ON THE BACK OF THE BROCHURE. **PLEASE SEND INFORMATION IN BEFORE JUNE 1, 2015!**

3. SEND MONEY AND INFORMATION SHEET TO THE FOLLOWING ADDRESS:

**MILL VALLEY HIGH SCHOOL
ATTN: JOEL APPLEBEE
5900 MONTICELLO RD
SHAWNEE, KS 66226**

√IF YOU HAVE QUESTIONS FEEL FREE TO CONTACT COACH O'NEILL @ TONEILL@USD232.ORG

REGISTRATION FORMS FOUND ON WWW.MVJAGUAR.COM AND WWW.USD232.ORG.