

2012 Ames Booster Club Summer Strength & Conditioning

This summer the **Ames High Strength & Conditioning Program** will be led by Tracy Rial, Kyle Van Winkle, & Bruce Vertanen. The program has been designed to meet the needs of all athletes and has been approved by all Ames High head coaches. Each session will begin promptly at the times listed below.

Dates: **MWF June 4th – July 25th**

Times: **7:00am – 8:15am (All times are Co-Ed)**
 8:15am – 9:30am
 9:30am – 10:45am* See note below
 5:00pm – 6:15pm

***The 9:30am session will be discontinued when the new weight room is completed in mid-June. The new room will be twice the size of the old room so we will be able to accommodate increased attendance in the remaining three sessions.**

Cost: **\$40.00**

This program is for experienced and inexperienced student-athletes at Ames High School. We welcome both males and females.

A special note to incoming 9th graders: A special introductory program will be designed for you from **8:00am to 9:15pm on Tuesdays & Thursdays** for the month of June (**Beginning June 5th**). You will not begin the MWF program until July.

Detach and return the following form to Ames High School c/o of Bruce Vertanen. Make checks payable to Ames High School.

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Name _____ Parent Name _____

Address _____ Parent Daytime Phone _____

Email _____ Grade (2012-13) _____

Sports _____

I give my son/daughter permission to participate in the supervised weight program at Ames High School. I hereby agree to hold harmless the Ames Community School District should an injury occur.

(Parent/Guardian Signature)