

# Davis High Youth Summer 2019 Speed/Agility & Strength Training

- **July 2<sup>nd</sup> through August 8<sup>th</sup> (No July 4<sup>th</sup>)**
- **WHEN** – Tuesday/Thursday from 10a-11a or 11a-Noon
  - Tuesdays – Speed/Agility & Body Weight Movements
  - Thursdays – Form/Technique & Light Free Weights
- **LOCATION** – DHS Weight Room and Stadium.
- **WHO** – Athletes going to 7<sup>th</sup> & 8<sup>th</sup> Grade (Boys & Girls Welcome!) ages 12-14 yrs. old
- **COST** - \$125 or \$15 per individual session (11 total sessions)
- **DRESS** – Athletic wear (shorts, t-shirts, athletic shoes)
- **AVAILABILITY** – Limited to first 100 registrants – 50 per session
- **WHY** – To improve overall athletic performance and knowledge, prepare future DART athletes, work with certified and experienced coaches, improve self-esteem and confidence.
  
- **Davis High Coach – Carl Harry** – 2 Sport Collegiate Athlete (Track & Football), played Wide Receiver at University of Utah and Washington Redskins, Super Bowl Champion XXVI (1991), former manager/trainer at D1 Sports Training and SportsPlex (X180)
  
- **Assistant Strength Coach - Mitch Spjut** – '17 Affiliate Cup CrossFit Champion, '18 CrossFit Regional Athlete, CrossFit Level 2 certification, Westside Barbell certification.

**ALL** athletes must register **BEFORE** workouts begin. Please send registration forms to:

Davis High School – 325 S. Main St., Kaysville UT 84037  
Make Check Payable to – Davis High, Summer Camp Acct. 4407-1601

You must live within the Davis High Boundaries to participate.

Questions please email/call Mitch Arquette – [marquette@dsdmail.net](mailto:marquette@dsdmail.net) / 801-915-4106

**Registration & Consent Form – Due Friday, June 28<sup>th</sup>**

**Athlete Registration & Consent Form**

Player Name: \_\_\_\_\_

Player Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Session Preference (Please Check One) - 10a\_\_\_ 11a\_\_\_

Grade: \_\_\_\_\_

Parents Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Insurance Information: Insurance Carrier: \_\_\_\_\_

Policy #: \_\_\_\_\_ Group #: \_\_\_\_\_

**I hereby consent to the above named person participating in the Davis High Youth Summer Strength & Conditioning. I understand that all activities are voluntary. I understand that it is my responsibility to transport my child to participate. I recognize that the risk of possible injury is inherent in all sports participation, and by having my child participate, I voluntarily accept and assume the risk of injury to my child.**

**In exchange for allowing my child to participate in the Davis High activities and events, I agree to release from liability, agree to indemnify, and hold harmless any agent, officer, or employee acting within the scope of their duties, for any injury to my child's person or damage to their property.**

PLAYER (print): \_\_\_\_\_

PLAYER (sign): \_\_\_\_\_

PARENT (print): \_\_\_\_\_

PARENT (sign): \_\_\_\_\_