

BFS PROGRAM – SUMMER CLASS

- Where:** HS weight-room and gym
- When:** Classes begin Monday, June 10. Class is held generally Monday – Friday unless stated differently below in the chart. Times depend on when each athlete attends. These times can vary depending on the athlete’s schedule.
- Times:** Several options are available for current grades 9-11. You are welcome to come to any of these times, we just ask that you check the time frame you feel you will most likely attend. (this is for staffing purposes)
- Last Day:** Grades 5-7: Thursday, July 25 | Grades 8-11 see additional opportunity below!
- No Class:** Thursday, July 4 due the Holiday
- Cost:** \$20 – Checks made out to Lodi School District. Cost includes a BFS t-shirt.

The purpose of Bigger Faster Stronger is to encourage positive changes in the lives of young people. This program helps ALL athletes of ALL abilities and ALL sports. If following the program correctly, it WILL improve their skills and abilities. BFS works through a three tiered approach. The program requires dedication, hard work, and endurance; results will be noticed!

There are several sessions that will be run to accommodate a variety of experience levels with the Bigger Faster Stronger program. Each session will be one hour long and start at the indicated time. Athletes are expected to show up on time. **All grades are based on current grade.**

T-Shirt (please circle correct size!)					
Adult	XXL	XL	L	M	S
Youth	L	M			

CURRENT Grade Level (please circle)					
GRADE 5 OR 6	GRADE 7	GRADE 8	GRADE 9	GRADE 10	GRADE 11

Questions: Contact Derek Pertzborn 608-592-3853 x 4429 or pertzde@lodischoolswi.org

STUDENT NAME: _____

HOME PHONE: _____

EMAIL: _____

Check Class you Feel you <u>Will Most Likely Attend</u> (please circle)	
___ 7 am Monday – Friday Grades 9-11	___ 11 am Monday – Thursday Grades 7
___ 8 am Monday – Friday Grades 9-11	___ 3:00-3:45 Monday/Wednesday Grades 5-6
___ 9 am Monday – Friday Grades 8	___ 3:00-3:45 Tuesday/Thursday Grades 5-6
___ 10 am Monday – Thursday Grades 7-11 (female only)	___ 4 pm Monday – Thursday Grades 9 – 11
<p>***NEW ADDITION TO BFS!***</p> <p>Current Grades 8-11 can now come extend their time into August!</p> <p>Dates: August 5-22 (Monday-Thursday)</p> <p>Time: 8:00-9:00 am</p> <p>_____ Check here if athlete plans to participate in the August BFS Program.</p>	

ADDRESS: _____

MY SON/DAUGHTER (LISTED ABOVE) HAS MY PERMISSION TO PARTICIPATE IN THE BIGGER FASTER STRONGER SUMMER SCHOOL PROGRAM.

PARENT NAME (PRINT): _____

PARENT SIGNATURE: _____ **DATE** _____

Registration for BFS Ends June 7!