

# 2024 EMS Summer Strength & Conditioning

Monday-Thursday (8:00AM-9:30AM) **June 10th-July 26th with NO CONDITIONING July 1st-5th**

Attendee's Name: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email: \_\_\_\_\_ **Fall 2024** Grade: \_\_\_\_\_

Please List All Health Related Conditions/Injuries/Medications

Are you currently under a physician's care? YES NO      If yes, for what:

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

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

## Program Goals

Eudora Middle School has designed the Strength Conditioning Camp to improve an athlete's physical strength and conditioning, and prepare them for participation in sports by following safe and healthy procedures. Focus will be placed on the fundamental development of speed, quickness, endurance, strength, and jumping. This will be accomplished through teaching proper running, jumping, and weight lifting FORM/TECHNIQUE, and bodyweight exercises. **NO HEAVY WEIGHTS WILL BE LIFTED!! Boys will be in on Monday/Wednesday from 8:00-8:45, and Tuesday/Thursday from 8:45-9:30. Girls will be in on Monday/Wednesday from 8:45-9:30, and Tuesday/Thursday from 8:00-8:45.**

## Waiver of Liability/Assumption of Risk

**I/We assume all risks associated with participation in this camp that may lead to injury.** I acknowledge that I am physically fit and mentally capable of participating in physical activity. I agree, for myself and anyone entitled to act on my behalf, to hold harmless, waive and release Eudora Middle School, its employees, organizers, representatives, and successors from any responsibility, liabilities, demands, or claims of any kind arising out of my participation in this camp or affiliated events. By my signature, I indicate that I have read and understand this Waiver of Liability. This is a waiver and a release of liability, and I voluntarily agree to its terms.

Attendee's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent(s) Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Payment: Date: \_\_\_\_\_ Amount: \_\_\_\_\_ Cash or Check: \_\_\_\_\_

**A \$40 fee will be assessed to cover t-shirts, snacks, insurance, equipment usage/expenditures, and rewards/incentives. Please make checks payable to "EMS".**

**Venmo @mtegtmeier. If payment is an issue, please contact Coach Tegtmeier [mitchelltegtmeier@eudoraschools.org](mailto:mitchelltegtmeier@eudoraschools.org) or Brandon Parker [brandonparker@eudoraschools.org](mailto:brandonparker@eudoraschools.org).**

## **SCHOLARSHIPS ARE AVAILABLE!!**

Incentives will be based solely upon participation at EMS Summer Conditioning sessions. Outside practices, exercise, vacations, etc will not count towards incentive rewards.