

2024 SMNW Summer Conditioning Program

“EVERYDAY CHAMPIONS”

Information: The summer weight program is designed with one purpose in mind, to create a better athlete. The program is broken up into to three specific areas of emphasis; **A.** Agility/speed/quickness **B.** Explosive Olympic Lifting **C.** Core Strength Development

Available to all upcoming 6th, 7th and 8th grade student athletes (Boys and Girls)

Dates: June 3, 4, 6, 17, 18, 19, 24, 25, 27, 28 (Closed June 29th - July 7th)
July 8, 9, 10, 11, 15, 16, 17, 22, 23, 24, 25, 29, 30, 31

Tuition: \$90 * Checks payable to SMNW Football - Return to school or mail to: 12701 W 67th, Shawnee, KS 66216 Att: Bo Black or Sedrick Cook, Feel free to bring on June 3rd.

Location: Shawnee Mission Northwest Weight Room

Time: 11:30 a.m.-12:45 p.m

NON CREDIT/NON-REFUNDABLE This individualized, goal oriented course is designed to increase individual strength, speed, and endurance. A coach supervises weight training and all safety precautions are taken. Activities are all forms of weightlifting with machines and free weights. This class is open to all incoming middle school student grade levels.

(Detach here and return with payment of \$80)

Name: _____

Address: _____ Email: _____

Parents/Guardians Name _____

Parents Home Phone _____ Parents Cell Phone _____

2024-2025 School year Grade: _____

Check # _____ Cash _____