

Brillion Public Schools

- Course:** Weightlifting & Speed/Agility Class
- Dates:** June 4th -August 10th (No Class July 4)
- Times:** 8:00am-9:30am, 9:30am-11:00am, 11:00am-12:30pm
- Days:** Monday, Wednesday, Friday
Class times will be assigned once the number of participants has been determined. Effort will be made to ability group participants
- Content:** The summer's weightroom & speed/agility class will provide students with instruction in proper warm-up, flexibility, speed, and weight lifting techniques to improve their overall athletic skills and performance
- Grades:** 8th-12th grade (2018-19 grade) boys and girls.
- Location:** High School weight room & gym. No cost. It is Free!!!

Return the form to Brillion High School By Wednesday, May 9th

Name _____ Grade (2018-19) _____

Address _____ City _____ Zip _____

Parent's Name _____ Phone _____

Times will be assigned once class sizes have been set. If you have a need to be assigned to a particular class, please explain below.

Time requested: _____ Reason _____

ALL LIABILITY FOR INJURY OR ANY OTHER CLAIM IS FORFEITED BY THE PARTICIPANT AGAINST THE BRILLION SCHOOL DISTRICT OR ANY OTHER PERSONNEL INVOLVED WITH THE SUMMER SCHOOL PROGRAM.

Parent's Signature _____

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