



- Who:** 8th grade male athletes
What: Gator Summer Strength & Conditioning
When: 8:00-11:00 am (T-TH)
Where: Delta Woods Middle School
Why: Commitment to Success

The Gator Strength & Conditioning Program is based on learning correct lifting techniques and weight training, agility training, and running. Coach Koch (head football and track coach) will be in charge of the training program. The program will require good attendance and effort to achieve maximum results. All athletes should wear t-shirt, shorts, and running shoes. All school rules will apply and all athletes will need to bring a copy of a physical of good health.

- Dates:** May 29, 31
June 5, 7, 12, 14, 19, 21, 26, 28
July "2", 5, 10, 12, 17, 19, 21

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Athlete: _____
Print

Parent: _____ emerg. #: _____
Print

Health concerns: _____

I give permission for my son to complete the Summer Strength & Conditioning Program.

Parent signature: _____ **date:** _____