

# KNIGHT POWER

## 6th, 7th, & 8th Grade Weight Training Clinic

### STRENGTH - SPEED - AGILITY

WHAT: The Assumption Football Program will be sponsoring a weight training and conditioning clinic for any 6th, 7th and 8th grade students interested in learning and training the Knight Power way.

WHEN: Monday and Wednesday - 4:20 to 5:15. The clinic begins on Monday, March 26th and will run through May 26th. (14 sessions) No Clinic April 9<sup>th</sup> or 23<sup>rd</sup> - No school these days.

WHERE: Assumption High School weight room.

COST: \$25.00 includes a clinic t-shirt. Please make checks payable to Assumption High School.

All sessions will be conducted and supervised by the Assumption High School Football Staff and athletes.

Participants will be taught proper ways to warm-up, techniques needed to prevent injury, and weight training exercises that will help them become a more explosive and dynamic athlete.

Registration will be Monday, March 26th at the start of class.

This is a great opportunity to learn and train the Knight Power way. Assumption High School has an outstanding weight room facility and athletic tradition. We want you to be a part of our continuing tradition and to learn the Knight Power system. See you in the weight room! Go Knights!!!

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(Please return this portion with your clinic fee)

Name \_\_\_\_\_ School \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_ T-Shirt (Circle one) Adult S M L XL 2XL Youth S M L

Address \_\_\_\_\_

Are you registered at Assumption? Yes No

Would you like information on attending Assumption? Yes No

Parents, please understand that even when athletes are properly supervised, accidents and injuries can happen. Assumption High School is not responsible or accountable for any injuries or accidents. Students that choose to take part in this weight training clinic, do so at their own risk.

\_\_\_\_\_ has my permission to participate in the Assumption Knight Power Clinic.

Parent/Guardian Permission \_\_\_\_\_ Date \_\_\_\_\_

Phone Number where a parent can be reached during clinic time (Home) \_\_\_\_\_

(Cell) \_\_\_\_\_