



SUMMER CONDITIONING FOR MIDDLE SCHOOL FOOTBALL PLAYERS



MONDAY-THURSDAY*JUNE 3-JULY 25*1:30-3:00 PM*HS FITNESS CENTER

Preparing to compete in football is a full time responsibility for any age player. Football is an opportunity for young athletes to challenge themselves physically. Preparation to play and compete begins in the off season and carries into the football season. So are you planning on becoming an athlete once you become a Viking at Mount Horeb or Barneveld High School or just looking to get in better shape?

Starting on Monday, *June 3rd*, the MHB Football Program will be starting our summer session for Weight Training available to any 6th-8th graders from Mount Horeb Middle School and Barneveld Middle School.

This program has been set up not only to teach Middle School students proper weightlifting techniques and effective speed drills, but to also allow them to compete in successful drills used by the MHB Football program.

Registration for this camp opened on Monday, May 13th and will be open until the start of the summer camp on Monday, June 3rd.

Taking the time to begin your workout sessions as a middle schooler will help enhance your skill level as a football player. Serious athletes workout hard in the off season. Dedication to your workout is mandatory in order for it to work. Motivation is the key to staying dedicated to your workout. The way you stay motivated is thinking about the football season that is coming up soon and how your workouts during the off season will give you an edge over the ones who didn't workout.

PLEASE REGISTER AS SOON AS POSSIBLE TO ASSIST WITH CAMP ORGANIZATION

-----DETACH HERE-----

MHB VIKING YOUTH WEIGHT LIFTING CAMP APPLICATION

June 3-July 25, 2019 * Monday thru Thursday * 1:30 to 3:00PM * High School Fitness Center

Please print. Make checks payable to MHB GRIDIRON CLUB. Mail with full payment and parent's signature to: MHB GRIDIRON CLUB, c/o Bret St Arnauld, Mt. Horeb High School, 305 S. 8th St. • Mount Horeb, WI 53572

Camper's Name: _____ Parents Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Cell/Emergency Phone: _____ Amount Paid (Circle): Regular: \$30.00 or more than one child \$25.00

Grade entering in the FALL 2019: _____ Youth Shirt Size: S M L

Don't forget to circle proper T-Shirt size, Youth or Adult size!

Adult Shirt Size: S M L XL

PARENT/GUARDIAN STATEMENT: I hereby authorize the directors of the MHB Viking Youth Football Camp to act according to their best judgement in any emergency requiring medical attention. I hereby release and waive the MHB Viking Youth Camp Staff from all liability for any injury or illness. I have no knowledge of any physical impairment of the camper.

Parent's Signature _____