

SIGN-UP INFORMATION

NAME: _____

ADDRESS: _____

CITY: _____ ZIP: _____

HOME PHONE: _____

GROUP: _____ 2020-21 GRADE: _____

MOTHERS WORK/CELL PHONE: _____

FATHERS WORK/CELL PHONE: _____

EMERGENCY CONTACT NAME & NUMBER: _____

INSURANCE CO: _____ POLICY # _____

T-SHIRT SIZE (CIRCLE ONE) – S, M, L, XL, 2XL, 3XL

DISCLAIMER

MY CHILD, _____ HAS MY PERMISSION TO PARTICIPATE IN THE JAGUAR IRON SUMMER PROGRAM. I UNDERSTAND THAT MY CHILD WILL PARTICIPATE IN ACTIVITIES THAT MAY INVOLVE PHYSICAL CONTACT WITH THE GROUND AND/OR OTHER PEOPLE. I HEREBY RELEASE THE INSTRUCTORS, PROGRAM AND SCHOOL DISTRICT FROM ANY AND ALL CLAIMS AND/OR FINANCIAL RESPONSIBILITIES THAT MY CHILD MAY SUSTAIN AT OR TRAVELING TO AND/OR FROM THE JAGUAR IRON SUMMER PROGRAM.

IN THE EVENT OF AN EMERGENCY IN WHICH MY CHILD REQUIRES MEDICAL ATTENTION, I AUTHORIZE THE STAFF TO ACT FOR ME AND TO OBTAIN WHATEVER MEDICAL TREATMENT THE STAFF DEEMS NECESSARY. I FURTHER AGREE TO BE RESPONSIBLE FOR ANY MEDICAL AND/OR OTHER CHARGES IN CONJUNCTION WITH HIS PARTICIPATION AT THE JAGUAR IRON SUMMER PROGRAM.

IF YOUR CHILD HAS ANY RESTRICTIONS, PHYSICAL LIMITATIONS OR IMPAIRMENTS OF WHICH WE NEED TO BE ADVISED OF PLEASE LIST THEM BELOW.

Parent's Signature

Date

ALL athletes MUST have a physical on file before the start of camp!

JAG IRON SUMMER 2020



JUNE 8 – JULY 30

GROUP 1 – 10TH-12TH GRADE FOOTBALL ATHLETES
MON/TUES/WED/THUR 6:30-8:30 AM

GROUP 2 – 9TH GRADE MALE ATHLETES
MON/TUES/THUR 7:00-8:00 AM

GROUP 3 – 10TH-12TH GRADE MALE ATHLETES
MON/TUES/THUR 8:30-9:30 AM

GROUP 4 – 7TH-8TH GRADE MALE ATHLETES
MON/TUES/THUR 9:30-10:30 AM

GROUP 5 – 10TH-12TH GRADE FEMALE ATHLETES
MON/TUES/THUR 10:15-11:15 AM

GROUP 6 – 7TH-9TH GRADE FEMALE ATHLETES
MON/TUES/THUR 11:00 AM-12:00 PM

What is The JAG IRON Summer Program?

THE JAGUAR IRON SUMMER PROGRAM IS A WEIGHT AND SPEED DEVELOPMENT PROGRAM SPONSORED BY THE ATHLETIC STAFF. THIS PROGRAM IS DESIGNED TO INCREASE YOUR SPEED, STRENGTH, AGILITY AND FLEXIBILITY. IT HAS A PROVEN TRACK RECORD THAT INVOLVES WEIGHT TRAINING, FORM RUNNING, AGILITY, PLYOMETRICS, AEROBICS AND FLEXIBILITY TRAINING. YOUR ATHLETE CAN AND SHOULD EXPECT IMPROVEMENT IN EACH OF THESE AREAS AND IN OVERALL CONDITIONING.

When is The Program?

THE JAGUAR IRON PROGRAM STARTS MONDAY, JUNE 8 AND CONTINUES THROUGH THURSDAY JULY 30.

***** SESSIONS WILL BE HELD EACH WEEK STARTING JUNE 8 AND ENDING JULY 30 EXCEPT FOR THE FOLLOWING DATES:
JULY 2 – JULY 8 (4TH OF JULY BREAK/KSHSAA BREAK)
JULY 20 – JULY 24 (SUMMER BREAK)**

Who can attend?

ANY ATHLETE, MALE OR FEMALE, 7- GRADE AND UP WHO WANTS TO IMPROVE THEIR PHYSICAL ABILITIES THROUGH HARD WORK AND DEDICATION WHILE HAVING FUN MAY ATTEND.

What is the COST?

\$

75.00 (CHECK MADE PAYABLE TO JAGUAR STRENGTH PROGRAM)

Where is the program held?

AT THE MILL VALLEY HIGH SCHOOL WEIGHT ROOM (FIELDHOUSE), JAGUAR STADIUM, AND GYMS.

****IMPORTANT NOTE: OUR WEIGHT ROOM IS TEMPORARILY BEING MOVED TO THE FIELDHOUSE AT THE NORTH END OF THE STADIUM FOR THE 2020 SUMMER. PLEASE DROP YOUR STUDENT-ATHLETE OFF AT THE STADIUM FIELDHOUSE.**

What Now?

MAKE THE DECISION TO ENROLL YOUR ATHLETE TODAY!

1. MAKE CHECKS PAYABLE TO:
JAGUAR STRENGTH PROGRAM
2. ATTACH CHECK TO THE SIGN UP INFORMATION SHEET ON THE BACK OF THE BROCHURE. **PLEASE SEND INFORMATION IN BEFORE JUNE 1, 2020!**
3. SEND MONEY AND INFORMATION SHEET TO THE FOLLOWING ADDRESS:

**MILL VALLEY HIGH SCHOOL
ATTN: JOEL APPLEBEE
5900 MONTICELLO RD
SHAWNEE, KS 66226**

✓IF YOU HAVE QUESTIONS FEEL FREE TO CONTACT COACH HUDGINS @ AHUDGINS@USD232.ORG

REGISTRATION FORMS FOUND ON WWW.MVJAGUAR.COM AND WWW.USD232.ORG.