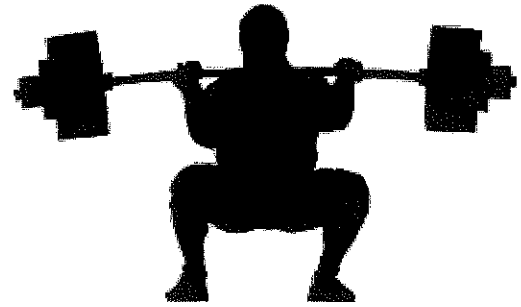




# Wolsey- Wessington High School



## Summer Strength & Power

**ABOUT THE PROGRAM** For boys entering 7th through 12th grade.

Now is your chance to enroll in the Summer Strength & Power workouts that will be offered at Wolsey-Wessington High School summer of 2017. Join our certified trainer, Hayden Hooks, for the opportunity to excel during the off-season to enhance skills, to build strength, and to increase overall fitness physique. Sessions will be held Mondays - Thursdays starting on May 30th and finishing on August 3rd. The focus of the program is to develop functional power, speed, and strength. Hayden will use techniques such as utilizing body weight and free weight resistance training, plyometric, flexibility training and core training. Students will use equipment such resistance bands, agility hurdles, speed ladders, parachute resistance training and many other devices used by some of the best athletes in the world. This allows for repeating movement patterns similar to what the athlete must perform in their sport. Hayden is dedicated to giving you the best chance to succeed by dedicating her time and knowledge for your improvement.

If you have any questions or concerns please contact Gordon Hooks at (605) 321-6390 via email [gordan.hooks@k12.sd.us](mailto:gordan.hooks@k12.sd.us).

### Program Dates & Times:

**May 30- August 3**

**Monday through Thursdays**

**Boys 6:45-8:00am**

**Weight Lifting 8:00-10:00 am and 7:00-10:00 pm**

### Cost is \$65 for

\*\*Please make checks payable to Gordon Hooks\*\*

### 2017 Summer Strength & Power WAIVER FORM:

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_  
 Zip Code \_\_\_\_\_ Phone Number (\_\_\_\_\_) \_\_\_\_\_

Release Form: I hereby authorize Hayden Hooks and any other personnel to act for me according to their best judgment in any emergency requiring medical attention. In consideration of the acceptance of this application, I, intending to be legally bound hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against Gordon Hooks, and her representatives and/or assignees for any and all damages which may be sustained and suffered out of my traveling to or participating in the Summer Strength and Power.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_