



HORIZON HUSKY

SUMMER WEIGHTS AND SPEED TRAINING 2009

JUNE 8, TO JULY 16TH

Monday, Tuesday, Thursday

Upperclassmen Lifting..... 3:00 pm – 4:30 pm

Incoming Frosh Lifting.....4:45 pm – 5:45 pm

Incoming Frosh / Upperclassmen Conditioning/Speed Work... 6:00 pm – 7:30 pm

JUNE 8, TO JULY 16TH

Wednesday

Incoming Frosh / Upperclassmen Skill Development.....6:00 pm – 7:30 pm

Cost: \$75 (Make checks payable to The Husky Gridiron Club)

REGISTRATION FORM:

Please PRINT

Athlete's Name: _____ GRADE: _____

Parent's / Guardian Name: _____

Emergency Contact Number: _____

E-Mail Address: _____

Parent/Guardian Signature: _____ Date: _____

I, the above signed, permit my child to participate in the Husky Summer Weights/Conditioning and Skill Development program. I assume all risks and hazards incidental to such participation and do hereby waive, release, and absolve, indefinitely, and hold harmless Paradise Valley School District, Horizon High School and The Husky Gridiron Club for any claim arising out of injury to my child.

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