

# MAIZE HIGH SCHOOL

## Female Athletes Summer Weights and Agilities



The summer weights program will provide a safe all-female environment with a focus on increasing strength, speed, agility, and jumping. The workouts will be designed to improve performance in volleyball, basketball, softball, tennis, soccer, and track.

**Dates:** June 7 – August 5 (summer moratorium- June 28 - July 4)  
**Days:** Monday, Tuesday, Wednesday, and Thursday  
**Where:** Meet in the small gym to start  
**Time:** 8:30 – 9:30 am  
**Who:** All Maize High female student-athletes  
**Cost:** \$80 (8 weeks of training)

**Conducted by: Maize High Basketball and Volleyball coaches**

**Registration form and payment due June 7 (Bring form and payment to 1<sup>st</sup> day of workouts)**

**Make check payable to: Jerrod Handy**

Student's Name \_\_\_\_\_ Grade (next fall) \_\_\_\_\_

Student's Cell Ph. \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Parents' Cell Phone(s) \_\_\_\_\_

Parent/Guardian Email \_\_\_\_\_

I certify that the above named athlete has my permission to participate in the Maize High Summer Weights and Agility program. I hereby authorize the staff to act for me according to their best judgement in any emergency requiring medical attention and I hereby waive and release the staff from any and all liability for any injuries or illnesses incurred during activities. I have no knowledge of any physical impairment that would be affected by the athlete's participation in all activities during the sessions.

\_\_\_\_\_  
Parent or Guardian's Signature (required)

\_\_\_\_\_  
Date: