

JUNIOR ARTESIAN POWER CLUB



Club for all 3rd - 8th Graders Interested in Becoming a Better Athlete!

WHO:

Any MALE or FEMALE athlete in the grades of 3rd through 8th that are in the Martinsville School District. Athletes will go through speed, agility and quickness drills, core strengthening, weightlifting technique, strength training and mobility drills every session.

WHERE:

Martinsville High School Weightroom.

WHEN:

The FIRST CAMP will begin **January 16th, 2019** and will run every Monday and Wednesday until February **February 20th, 2019**.

The SECOND CAMP will begin **March 4th, 2019** and will run every Monday and Wednesday until **April 10th, 2019**.

*If all sessions cannot be made then camp registration will be prorated.

IF SCHOOL IS CANCELED DUE TO WEATHER or HOLIDAY, then JR Power Club is also canceled for that day. We will work to reschedule a day that same week, including Holiday weeks.

WHAT TIME: Training Sessions are 5:00-6:00pm, Monday and Wednesday

ADMINISTERED BY:

Ethan Breach, ethan.breach@msdmartinsville.org

*Strength and Conditioning Specialist

Jeremy Belcher, Jeremy.belcher@msdmartinsville.org

*High School Assistant Varsity Football Coach

*High School Head Freshmen Football Coach

COST: \$40.00 – Card, Cash or Check

MAKE ALL CHECKS PAYABLE TO: **Ethan Breach**. There will be open registration on any Monday or Wednesday of each Camp.

***There is no registration fee for 8th graders.**

*MULTIPLE CHILD DISCOUNT.

*Contact Coach Breach for more information, payment options and registration.

ethan.breach@msdmartinsville.org

REQUIREMENT OF AT LEAST **20** ATHLETES NEEDS TO BE ENROLLED PRIOR TO THE FIRST DAY OF CAMP

Registration Form
Due the first day of Camp

Student-Athlete's Name: _____

Parent/ Guardian Name: _____

Parent/ Guardian Phone #: _____

Parent/ Guardian Email: _____

Student - Athlete Grade: _____

I/WE do hereby present to the Junior Artesian Power Club this Waiver of Liability and do hereby waive any and all rights and claims against the Junior Artesian Power Club and its instructional staff. I/WE do further agree to indemnify and save harmless the Junior Artesian Power Club and its staff from any liability whatsoever arising from injuries suffered as participants in this clinic. It is agreed that this Waiver of Liability is submitted as an inducement to enroll.

Student-Athlete's Name

This agreement is signed as a free and voluntary act with full knowledge of the contents thereof.

Parent/Guardian Signature

Date

Return this signed form to either Ethan Breach or Jeremy Belcher on or before your first day of camp.

Please make checks payable to

Ethan Breach

You may also mail your registration and fee to the High School:

Attn: Ethan Breach

1360 East Gray Street

Martinsville, IN 46151