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## SALEM HIGH SCHOOL + BARWIS PERFORMANCE TRAINING | BASKETBALL FALL TRAINING

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<b>WHO</b>	Salem Boys and Girls Basketball Players
<b>WHERE</b>	Salem Weight Room
<b>DAYS</b>	Tuesday, Wednesday, Thursday   September - November
<b>DATES</b>	9/11, 9/12, 9/13, 9/18, 9/19, 9/20, 9/25, 9/26, 9/27 10/2, 10/3, 10/4, 10/9, 10/10, 10/11, 10/16, 10/17, 10/18, 10/23, 10/24, 10/25, 10/30, 10/31 11/1
<b>TIME</b>	2:30 - 3:30
<b>COST</b>	\$100 for 24 sessions (less than \$5 a session!)

The \$100 fee will cover 24 sessions and is a great financial investment considering the quality of training provided. Participating in this program will guarantee increase speed, agility and strength to get your athlete ready for all sports they will play in the coming year. Participating in this program does **NOT** guarantee a position on any of the cut sports you may be trying out for. For more information, check out [www.barwis.com](http://www.barwis.com)

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**\*Parent/Guardians will need to fill out an electronic liability waiver for new athletes to Barwis:**  
<https://form.jotform.com/51374855980971>

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Please turn in this form + payment to Salem **Athletic Office #2000**  
no later than **FRIDAY, SEPTEMBER 7TH, 2018**

**Player Name:** \_\_\_\_\_ **Player Grade** 9 10 11 12

**Player Cell:** \_\_\_\_\_ **Sport(s):** \_\_\_\_\_

**Parent/Guardian Name:** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**Parent/Guardian Email:** \_\_\_\_\_

Payment of \$100.00 [ ] CASH [ ] CHECK *Checks payable to Barwis*