

SIGN-UP INFORMATION

NAME: _____

ADDRESS: _____

CITY: _____ ZIP: _____

HOME PHONE: _____

SESSION: _____ 2019-20 GRADE: _____

MOTHERS WORK/CELL PHONE: _____

FATHERS WORK/CELL PHONE: _____

EMERGENCY CONTACT NAME & NUMBER: _____

INSURANCE CO: _____ POLICY # _____

T-SHIRT SIZE (CIRCLE ONE) – YS, YM, YL, S, M, L, XL, 2XL, 3XL

DISCLAIMER

MY CHILD, _____ HAS MY PERMISSION TO PARTICIPATE IN THE PIRATE IRON SUMMER PROGRAM. I UNDERSTAND THAT MY CHILD WILL PARTICIPATE IN ACTIVITIES THAT MAY INVOLVE PHYSICAL CONTACT WITH THE GROUND AND/OR OTHER PEOPLE. I HEREBY RELEASE THE INSTRUCTORS, PROGRAM AND SCHOOL DISTRICT FROM ANY AND ALL CLAIMS AND/OR FINANCIAL RESPONSIBILITIES THAT MY CHILD MAY SUSTAIN AT OR TRAVELING TO AND/OR FROM THE PIRATE IRON SUMMER PROGRAM.

IN THE EVENT OF AN EMERGENCY IN WHICH MY CHILD REQUIRES MEDICAL ATTENTION, I AUTHORIZE THE STAFF TO ACT FOR ME AND TO OBTAIN WHATEVER MEDICAL TREATMENT THE STAFF DEEMS NECESSARY. I FURTHER AGREE TO BE RESPONSIBLE FOR ANY MEDICAL AND/OR OTHER CHARGES IN CONJUNCTION WITH HIS PARTICIPATION AT THE PIRATE IRON SUMMER PROGRAM.

IF YOUR CHILD HAS ANY RESTRICTIONS, PHYSICAL LIMITATIONS OR IMPAIRMENTS OF WHICH WE NEED TO BE ADVISED OF PLEASE LIST THEM BELOW.

Parent's Signature

Date

We encourage ALL athletes to have a physical before the start of camp!

PIRATE IRON SUMMER 2019



June 5 – Aug 1

GROUP 1 – LEVEL ONE MALE LIFTERS (APPROVED BY STAFF)
MON/TUES/WED/THUR 6:30-8:15 AM

GROUP 2 – LEVEL 2 MALE LIFTERS
MON/TUES/WED/THUR 7:30-8:30 AM

GROUP 3 – LEVEL 1 FEMALE LIFTERS (APPROVED BY STAFF)
MON/TUES/THUR 8:30 AM-9:30 AM

**GROUP 4 – LEVEL 2 FEMALE LIFTERS
(7TH & 8TH GRADE FEMALES ALSO)**
MON/TUES/THUR 9:30 AM-10:30 AM

GROUP 5 - 7TH & 8TH GRADE MALE ATHLETES
MON/TUES/THUR 10:30AM-11:30 AM

GROUP 6 – JUNIOR PIRATES K-6TH ALL ATHLETES
MON/TUES/THUR 10:30-11:30 AM

What is The PIRATE IRON Summer Program?

THE PIRATE IRON SUMMER PROGRAM IS A WEIGHT AND SPEED DEVELOPMENT PROGRAM SPONSORED BY THE ATHLETIC STAFF. THIS PROGRAM IS DESIGNED TO INCREASE YOUR SPEED, STRENGTH, AGILITY AND FLEXIBILITY. IT HAS A PROVEN TRACK RECORD THAT INVOLVES WEIGHT TRAINING, FORM RUNNING, AGILITY, PLYOMETRICS, AEROBICS AND FLEXIBILITY TRAINING. YOUR ATHLETE CAN AND SHOULD EXPECT IMPROVEMENT IN EACH OF THESE AREAS AND IN OVERALL CONDITIONING.

When is The Program?

THE PIRATE IRON PROGRAM STARTS MONDAY, JUNE 5TH AND CONTINUES THROUGH THURSDAY AUG. 8.

***** SESSIONS WILL BE HELD EACH WEEK STARTING JUNE 5TH AND ENDING AUG 1ST EXCEPT FOR THE FOLLOWING DATES:**

**JULY 1^{RST} – JULY 5TH (4TH OF JULY BREAK)
JULY 22ND – JULY 26TH (SUMMER BREAK)**

Who can attend?

ANY ATHLETE, MALE OR FEMALE, K-12 WHO WANTS TO IMPROVE THEIR PHYSICAL ABILITIES THROUGH HARD WORK AND DEDICATION WHILE HAVING FUN MAY ATTEND.

What is the COST?

\$

\$60.00 (CHECK MADE PAYABLE TO PIPER HIGH SCHOOL)

Where is the program held?

A

AT THE PIPER HIGH SCHOOL WEIGHT ROOM , GYMS, AND PRACTICE FIELDS.

What Now?

MAKE THE DECISION TO ENROLL YOUR ATHLETE TODAY!

1. MAKE CHECKS PAYABLE TO:

PIRATE STRENGTH PROGRAM

2. ATTACH CHECK TO THE SIGN UP INFORMATION SHEET ON THE BACK OF THE BROCHURE. PLEASE SEND INFORMATION IN BEFORE MAY 24, 2019!

3. SEND MONEY AND INFORMATION SHEET TO THE FOLLOWING ADDRESS:

**PIPER HIGH SCHOOL
ATTN: DOUG KEY
4400 N. 107TH ST.
KANSAS CITY, KS 66109**

*√IF YOU HAVE QUESTIONS FEEL FREE TO CONTACT KEVIN COKER
KCOKER@PIPERSCHOOLS.COM OR RICK POLLARD @
RPOLLARD@PIPERSCHOOLS.COM*