

WASATCH HIGH SCHOOL SUMMER WEIGHT TRAINING

GRADES 9TH, 10TH, 11TH, 12TH Next school year (2018/2019)
BEGINS: June 11TH-July 26TH, 2018
DAYS: Monday, Wednesday, Thursday
TIME: 11am-12:00pm (**WEDNESDAYS 9-10:30AM AT THE STADIUM**)

COST: \$60 course fee NOW AVAILABLE, Online payment with a credit or debit card.
Visit www.myschoolfees.com
\$20 additional if taken for WHS credit
PAID AT WHS FINANCIAL OFFICE BY JUNE 1ST
Complete Participation/Medical forms

LOCATION: Wasatch High School weight room

STAFF: Coach Coburn

MISSION: IS TO OPTIMIZE PERFORMANCE FOR ALL STUDENTS, INCREASING WORK CAPACITY. USING FREE WEIGHT, MULTIPLE JOINT EXERCISES PERFORMED IN A STANDING POSITION. COORDINATION TRAINING, BALANCE, EXPLOSION, SPEED AND AGILITY DRILLS WILL BE UTILIZED.

----- CUT & RETURN BOTTOM -----

WASATCH HIGH SCHOOL SUMMER WEIGHT TRAINING

Send registration form and fee to:
WASATCH HIGH SCHOOL
930 South 500 East Heber, UT 84032
(435) 654-0640 Phone

*make checks payable to: **WASATCH HIGH SCHOOL**

*[] check if paying for high school P.E. credit

NOW AVAILABLE, Online payment with a credit or debit card. Visit www.myschoolfees.com

Name of student _____ Grade _____
last first (9, 10, 11, 12)

Student Address _____ City _____ Zip _____

Parent/Guardian _____ Telephone number _____