*“The future depends on what we do in the present.”*

***"A great attitude is not the result of success; success is the result of a great attitude."***

THE SUMMER WEIGHT LIFTING/CONDITIONING PROGRAM FOR ***ALL*** BLANCHARD HIGH SCHOOL ATHLETES (9TH – 12TH)

DATES & TIMES:

July 6 - 9 8:00 am—9:30 am (M-T-W-Th)

July 13 - 16 8:00 am—9:30 am (M-T-W-Th)

July 20 - 23 8:00 am—9:30 am (M-T-W-Th)

July 27 - 30 8:00 am—9:30 am (M-T-W-Th)

Aug 3 - 6 8:00 am—9:30 am (M-T-W-Th)

***Football athletes must attend workouts. Absences must be cleared with the coaching staff.***

Intensive, valuable instruction and workouts

Weight Training—Agilities—Plyometrics—Speed Development

2 Days in Weight Room, 2 Days on FB Field (Cleats recommended)

FB Position Specific Drills

**COST**

$70.00 w/Pre-Enrollment **on or before** July 3rd

or

$85.00 **after** July 3rd

ALL **PAID** ATHLETES WILL RECEIVE A “DIFFERENCE MAKER” T-SHIRT

**Application**

**LIABILITY RELEASE**: I hereby authorize the staff of Blanchard High School to act for me in any emergency requiring medical attention. Proper hygiene and sanitation will be practiced during **“DIFFERENCE MAKER”**, but the risk to COVID-19 is still present. I accept the risk involved with potential COVID-19 infection while attending **“DIFFERENCE MAKER”**. I hereby release and exonerate the Blanchard School District and all school employees from any and all liability for any injury or illness incurred in **“DIFFERENCE MAKER”** or while traveling to and from **“DIFFERENCE MAKER”**. I give my child permission to attend **“DIFFERENCE MAKER”** as my child is physically fit. I HAVE MY OWN INSURANCE.

*(A current physical must be on file for an athlete to attend)*

ATHLETE’S NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT’S SIGNATURE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_PRINT\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ZIP\_\_\_\_\_\_\_\_\_\_

Athlete Cell Ph. Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Emergency Ph. Number**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Contact(Name/Relationship)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*Please include a phone number of someone we can reach during camp hours in case of an emergency\*\*

Grade—Fall 2020\_\_\_\_\_\_\_\_\_Sport(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*FB Position (circle all that apply): OL QB RB WR TE DL LB DB

**T-shirt size (circle one**): M L XL XXL XXXL

**“DIFFERENCE MAKER” TUITION**: $70 **on or before** July 3rd ***or*** $85 **after** July 3rd

Make checks payable to Blanchard Touchdown Club.

**Mailing Address:** “Difference Maker” **Contact Person:** Jeff Craig

C/0 Jeff Craig 485-3392

PO Box 895

Blanchard, OK 73010