

SIGN-UP INFORMATION

Name: _____
Address: _____
City: _____ Zip: _____
Home Phone: _____
Group: _____ 2015-16 GRADE: _____
Mother's Work/Cell Phone: _____
Father's Work/Cell Phone: _____
Emergency Contact Name & Number:

Insurance Co: _____
Policy #: _____

DISCLAIMER

My child, _____

Has my permission to participate in the iron duke 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 iron duke 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 necessary. I further agree to be responsible for any medical and/or other charges in conjunction with his/her participation at the iron duke 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/Guardian's Signature:

Date:

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

IRON DUKE SUMMER 2016

June 6th – July 28th

Group 1: High School
Mon-Thurs

Male/Female Athletes
6:30-8:10 AM

Group 2: High School
Mon-Thurs

Male/Female Athletes
8:15-9:25 AM

Group 3: 6th- 8th
Mon-Thurs

Male/Female Athletes
9:30-10:40 AM

Group 4: 3rd – 5th
Mon/Wed

Male/Female Athletes
10:45-11:45



What is the IRON DUKE

Summer Program?

The Iron Duke 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?

See attached calendar.

Who can attend?

Any athlete, male or female, 3rd grad and up who wants to improve their physical abilities through hard work and dedication while having fun may attend.

Where is the program held?

At the Wellington High School weight room, gyms, and practice fields.

What is the COST?

High School Athletes	-FREE
Middle School Athletes	-\$50
Junior Athletes	-\$30

Grade is based on 2016-2017 Year

Includes Shirt

Scholarships Available Upon Request

What Now?

Make the decision to enroll your athlete today!

1. Make checks payable to:

Zane Aguilar

2. Attach check to the sign up information sheet. Please send information in before the beginning of camp if possible. Walk-ups are definitely welcomed!

3. Send money and information sheet to the following address:

Wellington High School
ATTN: Zane Aguilar
1700 E. 16th Street
Wellington, KS 67152

If you have any questions feel free to contact Coach Aguilar or Coach Hollas at maguilar@usd353.com or khollas@usd353.com.



Crusader Committed



2016 All Athlete Summer PSQ Schedule

JUNE						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
29	30	31	1	2	3	4
5	6	7	8	9	10	11
	PSQ	PSQ	PSQ	PSQ		
12	13	14	15	16	17	18
	PSQ	PSQ	PSQ	PSQ		
19	20	21	22	23	24	25
	PSQ	PSQ	PSQ	PSQ		
26	27	28	29	30	1	2
	No PSQ - Football Camp (Dates May Change)					

JULY						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
3	4	5	6	7	8	9
	No PSQ - Wheat Festival					
10	11	12	13	14	15	16
	PSQ	PSQ	PSQ	PSQ		
17	18	19	20	21	22	23
	PSQ	PSQ	PSQ	PSQ		
24	25	26	27	28	29	30
	PSQ	PSQ	PSQ	PSQ		

AUGUST						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
31	1	2	3	4	5	6
	PSQ	PSQ	PSQ	PSQ		
7	8	9	10	11	12	13
	PSQ	PSQ				
14	15	16	17	18	19	20
21	22	23	24	25	26	27
		First day of school				

PSQ Lifting Times

Group 1	High School	6:30-8:10 AM	Mon-Thurs
Group 2	High School	8:15-9:25 AM	Mon-Thurs
Group 3	6th - 8th Boys/Girls	9:30-10:40 AM	Mon-Thurs
Group 4	3rd-5th Boys/Girls	10:45-11:45 AM	Mon/Wed

****July 27 is LAST DAY for YOUTH****

**** ALL 9-12th Girls Welcome to Group 1****

30 Total Days of PSQ

27 Sessions = 90% Club and Receive a Crusader T-Shirt