

# SIGN-UP INFORMATION

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
Shirt Size: \_\_\_\_\_ 2016-17 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 2017

**June 5<sup>th</sup> – July 20<sup>th</sup>**

Group 1: High School  
Mon-Thurs

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

Group 2: High School  
Mon-Thurs

Male/Female Athletes  
8:15-9:55 AM

Group 3: 6<sup>th</sup>- 8<sup>th</sup>  
Mon-Thurs

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

Group 4: 1st – 5<sup>th</sup>  
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?

Monday June 5th-Thursday July 20th

## Who can attend?

Any athlete, male or female, 1st grade 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

50% Discount of the total price for multiple family athletes

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. 16<sup>th</sup> Street

Wellington, KS 67152

If you have any questions feel free to contact Coach Aguilar or Coach Ybarra at [maguilar@usd353.com](mailto:maguilar@usd353.com) or [aybarra@usd353.com](mailto:aybarra@usd353.com).



