

SIGN-UP INFORMATION

Name: _____
Address: _____
City: _____ Zip: _____
Home Phone: _____
Shirt Size: _____ 2018-2019 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 2018

June 4th - July 19th

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: 6th- 8th
Mon-Thurs

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

Group 4: 1st - 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?

Monday June 4th-Thursday July 19th

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
Multiple athletes-1st Full Price, 2nd Half Price, 3rd \$10	

Grade is based on 2018-2019 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 Newman at maguilar@usd353.com or jnewman@usd353.com.

