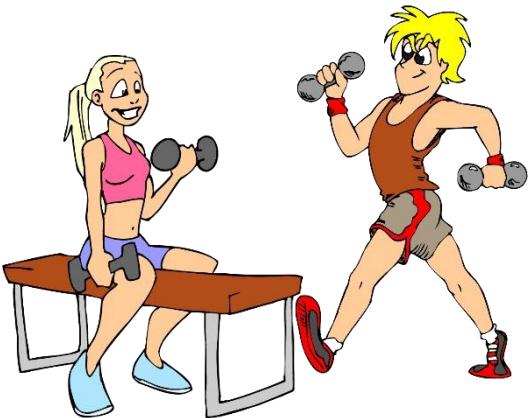


BLAINE HIGH SCHOOL

CO-ED SUMMER STRENGTH & SPEED DEVELOPMENT PROGRAM

2017

Middle School Edition



**June 13 through August 3
BLAINE HIGH SCHOOL
WEIGHT ROOM**

***NO SESSIONS ☹️
July 4 or July 6**

**“The Will To Prepare
Is As Important
As The Will To Win”**

BLAINE STRENGTH TRAINING STAFF

- Tom Develice**
Head Football Coach
Strength Training Coordinator
- Josh Prokosch**
Head Wrestling Coach, Assistant Football
Strength Training Coordinator
- Matt Smude**
Assistant Football Coach
- Brett Theisen**
Assistant Football, Hockey & Golf Coach
- David Bestul**
Assistant Football & Track Coach
- Nick Rusin**
Assistant Football & Track Coach
- Taylor Dordan**
Assistant Volleyball Coach

SESSION INFORMATION

Tuesday and Thursday sessions begin on Tuesday, June 13.

****No sessions July 4 or July 6****



QUESTIONS?

For further information, please call:
Tom Develice at 763/506-6535
Strength Middle Sch Coed / May 2, 2017

REGISTRATION FORM – 2017 BHS CO-ED SUMMER STRENGTH AND SPEED DEVELOPMENT PROGRAM

Student Name _____ Grade Entering Fall 2017 _____ Home Phone _____

Address _____ City _____ Zip Code _____

Please check (✓) one: _____

Session 1M	Tues and Thurs	8:00–9:30 a.m.	\$60.00
Session 2M	Tues and Thurs	9:30–11:00 a.m.	\$60.00



Make check payable to Blaine High School and return along with this registration form to:
Tom Develice • Blaine High School • 12555 University Avenue NE • Blaine, MN 55434-2199



PROGRAM GOALS

The Blaine High School Summer Strength and Conditioning Program offers each Blaine athlete the opportunity to become a better athlete through a sound strength and conditioning program, preparing them for greater success in their respective sports. The three goals of the program are:

- 1 to decrease the chance of injury for each athlete
- 2 to give each athlete a greater chance to reach his/her potential
- 3 to help increase each athlete's self-confidence and self-esteem.

PROGRAM ORGANIZATION

Each session will be divided equally between strength training and speed development. Emphasis will be placed on improving overall body strength, speed, and agility.

BLAINE HIGH SCHOOL

CO-ED SUMMER STRENGTH AND SPEED DEVELOPMENT PROGRAM MIDDLE SCHOOL EDITION

Tuesday, June 13

thru

Thursday, August 3

BHS WEIGHT ROOM

For athletes entering grades 6-7-8

Session 1M 8:00 – 9:30 a.m. ★
Tuesdays and Thursdays

Session 2M 9:30 – 11:00 a.m. ★
Tuesdays and Thursdays

Cost: \$60.00 Tues – Thurs sessions

**NOTE: Blaine High School will be CLOSED
July 4 and July 6.
NO SESSIONS OPERATING**



**Make checks payable to:
Blaine High School**

BLAINE HIGH SCHOOL SUMMER STRENGTH AND SPEED DEVELOPMENT PROGRAM for Middle School – Grades 6, 7, and 8 Boys and Girls

In consideration of your accepting this entry, I hereby, for myself, my heirs, executors, and administrators, waive any and all rights and claims for damages I may have against Anoka-Hennepin Independent School District # 11 or its representatives, successors, and assigns for any and all injuries suffered by me or my child while a participant or spectator at the activity indicated above.

Signature of Parent

Date

**Return this waiver form along with your registration form and fee to:
Tom Develice • Blaine High School 12555 University Avenue NE • Blaine, MN 55434-2199**