

BLAINE HIGH SCHOOL

SUMMER STRENGTH and CONDITIONING 2017



NOTE: Weight room will be closed down from July 1 thru July 9

JUNE 13 *thru* AUGUST 4

**BLAINE HIGH SCHOOL
STRENGTH ROOM**

**“THE WILL TO PREPARE
IS AS IMPORTANT
AS THE WILL TO WIN”**

BLAINE STRENGTH TRAINING STAFF

- Tom Develice**
Head Football Coach, Strength Coordinator
- Josh Prokosch**
Head Wrestling Coach, Strength Coordinator
- Doug Heruth**
Assistant Football Coach
- Rick Swanson**
Assistant Football Coach
- 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

SESSION INFORMATION

All sessions will start the week of June 13th and finish the week of August 1st. The weight room will be closed July 1—July 9!

Students entering 6th, 7th, or 8th grade should register for **sessions 7 and 8 on Tues and Thurs.**

Athletes should register for a session that corresponds to the sport they play. However, if the time of your session conflicts with your summer schedule then register for **ANY** session. **NO ATHLETE WILL BE TURNED AWAY** from our **strength program!** Alumni can sign up for any session

QUESTIONS?

For further information, please call
Tom Develice at 763 • 506 • 6535

REGISTRATION FORM → 2017 SUMMER STRENGTH AND CONDITIONING PROGRAM

Athlete's name _____

Grade entering fall 2017 _____

Home phone _____

Address _____

City _____

Zip code _____

Please check next to the appropriate session

Session 1	M-W-F	7:00 – 8:30 a.m.	\$75.00	Session 7	T-TH	8:00 – 9:30 a.m.	\$60.00
Session 2	M-W-F	8:30 – 10:00 a.m.	\$75.00	Session 8	T-TH	9:30 – 11:00 a.m.	\$60.00
Session 3	M-W	10:00 – 11:00 a.m.	\$50.00	Session 9	T-TH	11:00 – 12:00 p.m.	\$50.00
Session 4	M-W	11:00 – 12:00 p.m.	\$50.00	Session 10	T-TH	12:00 – 1:00 p.m.	\$50.00
Session 5	M-W	12:00 – 1:00 p.m.	\$50.00	Session 11	T-TH	6:00 – 7:30 p.m.	\$50.00
				Session 12	M-T-W-T	1:00 – 2:00 p.m.	\$50.00

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 according to the sports athletes play. Emphasis will be placed on improving overall body strength, agility and team building!

NOTE: Sessions 7 and 8 are for Middle School students ONLY

Mail registration form to:

Tom Develice
12555 University Ave NE
Blaine, MN 55434

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

BLAINE HIGH SCHOOL STRENGTH PROGRAM

Tuesday, June 13 to Friday, August 4

BHS—WEIGHT ROOM

Monday-Wednesday-Friday (\$75)

Session 1: 7:00am-8:30am

9th & 10th Football, Wrestling

Session 2: 8:30am-10:00am

11th & 12th Football, Wrestling

Monday-Wednesday

Session 3: 10:00am-11:00am (\$50)

Boys—Baseball, Soccer, Lacrosse

Session 4: 11:00am-12:00pm (\$50)

Girls—Basketball, Track, Tennis, Dance

Session 5: 12:00pm-1:00pm (\$50)

Boys—Basketball, Track, Tennis

Tuesday-Thursday

Session 7: 8:00am-9:30am (\$60)

Middle School #1—Grades 6-8 ONLY

Session 8: 9:30am-11:00am (\$60)

Middle School #2—Grades 6-8 ONLY

Session 9: 11:00am-12:00pm (\$50)

Girls Soccer, Swimming, Skiing, Cross Country

Session 10: 12:00pm-1:00pm (\$50)

Softball, Girls Lacrosse, Cheer

Session 11: 6:00pm-7:30pm (\$50)

Volleyball, Open for any athletes

Monday-Tuesday-Wednesday-Thursday (\$50)

Session 12: 1:00pm-2:00pm

OPEN FOR ALL

BHS SUMMER STRENGTH AND CONDITIONING PROGRAM

In consideration of your accepting this entry, I hereby, for myself, my 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 listed above.

Signature of Parent/Guardian

Date

Read and sign the above waiver form. Cut and return with your registration fee to:

Tom Develice • Blaine High School • 12555 University Avenue NE • Blaine, MN 55434