

NEUMANN SPEED AND AGILITY

FOR: All incoming 7th and 8th graders who plan on playing Junior High sports next year at Bishop Neumann.

WHEN: Tuesday and Thursdays in June.

DATES: June 6, 8, 13, 15, 20, 22, 27 & 29.

TIME: 8:00 a.m. to 9:00 a.m.

WHERE: All sessions will be held at the Neumann football practice fields or the Neumann gym depending on the weather.

COST: \$50.00. Includes 8 sessions and a T-shirt.

DEADLINE: The deadline to participate is Friday **May 5th**. The money and registration form needs to be turned in the Athletic Director's office on or before **May 5th**.
Make checks payable to the Neumann Booster Club.

The Neumann summer weightlifting coaches will be conducting all the sessions. The emphasis will be placed on form running, speed, agility, flexibility, core strength and plyometrics. The sessions are designed to improve overall upper and lower body strength through drill work.

Neumann Speed and Agility

Name _____

Circle Grade (on August of 2023): **7th or 8th**

Shirt size: YM YL AS AM AL AXL (circle shirt size)

Address: _____

Cell #: _____ Emergency contact # _____

Email: _____

We agree that neither Bishop Neumann, nor the coaches shall in any way be held liable for any accident or injury in any way received on account of or while engaged in any athletic activity during these sessions. We further agree that neither the school nor any of their coaches shall be held responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries. If medical attention is required for any injury incurred while participating in a session, we (or I) give permission for such medical treatment and care.

Please sign below certifying that I have read the above information, understand its content, and agree to its terms.

Parents Name: _____ Date: _____

Parent signature: _____

Athlete signature: _____