

Linn-Mar Athletic Enhancement Program

Students entering grades 9-12 in 2018-2019



LMHS hires in professionals from Performance Therapies to manage our strength program. We work to offer multiple opportunities for kids in the summer, and before and after school opportunities during the school year.

When students are “out-of-season” we want them to lift 3 times a week. When students are “in-season” their teams will have 2 times a week for them to lift. The Performance Therapies group manages all of these weight programs and daily sessions for us.

We are asking that each student pay \$65 for year long strength training sessions at the high school. After using this company for 1 year we have seen great athletic growth in kids who have committed to this program! The fee we charge to students is our estimate of the cost we will incur for managing the strength program. Any additional funds remain with the strength training program for maintaining/upgrading equipment.

Your fee covers all summer strength opportunities and, during the 2018-2019 school year, this payment will cover out-of-season strength sessions (before and after school), as well as in-season strength sessions with your team.

If you are interested in a scholarship, based on need, for this program please contact:

David Brown – Athletic Director
dbrown@linnmar.k12.ia.us
447-3061

Make Checks Payable to Linn-Mar High School and drop off at the first day of training or you can bring by the Cashier Office (you can also pay by card with Cashier)

Students Name _____ Grade in 18-19 ____

Emergency Contact _____ Phone _____

I understand that personal medical insurance coverage for this program is the obligation of each participant. I hereby authorize the instructors of the Linn-Mar Strength Program to act according to their best judgment and provide medical attention to my son/daughter or ward in the event of injury/illness.

Legal Guardian's Signature (If under 18) _____ Date _____