

Registration:

I would like to register for::

Strength Training Only (No Fee)

Speed and Conditioning Only
(\$10.00 Fee)

Both Strength Training and Speed
and conditioning (\$10.00 Fee)

Preferred times Please Rank 1-3

7-8 Strength Training/8:15-9:15 Quicks

8-9 Strength Training/9:15-10:15 Quicks

9-10 Strength Training/10:15-11:15 Quicks

10-11 Strength Training/11:15-12:15 Quicks

Send this registration form with your
check payable to: Neenah Joint School
District by May 22nd.

Mail to: Mr. Steve Mentzel, Coordinator;
Neenah High School 1275 Tullar Rd
Neenah, WI 54956

APPLICATION FORM

NAME _____

ADDRESS _____

PHONE# _____ GRADE _____

T-SHIRT SIZE: (ADULT)

(Quicks Participants Only)

S M L XL 2XL 3XL

Certified coaches and teachers will be
supervising and running this program.

The goal of this program is to help our
students to be in the best physical condition
possible in order to achieve whatever they set
out to accomplish.

INSURANCE WAIVER

I hereby release the Neenah Joint School
District and its Faculty from any possible
claims, liabilities, obligations or
responsibilities from any and all accidents,
injuries or loss of equipment, while
participating in this program. I further
certify that the applicant is in good health.
In the event of injuries or illness, the
program has my permission to provide for
emergency First Aid care.

Parent/Guardian Signature

Date



2009

Neenah Joint School
District

Summer School
Enrichment Program
For

Strength Training

&

Speed and
Conditioning

“Quicks”

“Building a Strong Student Body”



What are these programs about?

Strength

The Neenah Strength Program is a skill building activity sponsored by the Neenah Joint School District and is based on the strength and conditioning program used by all athletes at the University of Wisconsin Madison. This is a non-graded program and all students planning to use these facilities have to pre-register in order to have the proper supervision available. The goal of this program is to provide our students instruction in the proper techniques of strength training while allowing for individual gains through hard work and dedication. This program will help improve mental focus and physical strength so students can perform at their highest levels. The program will be held at Neenah High School in the Strength Training Center (NHS Link, Multipurpose Room).

Speed & Conditioning

With the Nickname of “Quicks” this program provides ways for

students to improve their speed, power and agility. This program will help in improving mental and physical stamina so students can perform at their highest levels. The program is based on the “Acceleration” program. This program has been very helpful to a number of our district’s athletes. Quicks can help any student develop foot speed, quickness, balance, agility and leaping ability.

The program will be held at Neenah High School, either out on the track and field area or inside if the weather is bad.

The times are:

7:00 - 8:00 Strength, 8:15 – 9:15

Quicks

8:00 - 9:00 Strength, 9:15 – 10:15

Quicks

9:00 - 10:00 Strength, 10:15 – 11:15

Quicks

10:00 - 11:00 Strength, 11:15-12:15

Quicks

We are highly encouraging our students in grades 6-8 to sign up for 9 – 10, 10 – 11 session for strength training and the corresponding

Quicks session. High school students are highly encouraged to sign up for the two early sessions.

Quicks will only meet on Monday and Thursdays after Strength Training.

Strength Training will meet Monday, Tuesday, Thursday and Friday. (You must attend at least 3 out of four sessions a week.)

The Programs run from June 8th, ending on July 24th . (During the week of June 29th- July 3rd There will be no classes held.

The program is open to any male or female student in grades 6-12 who is dedicated, disciplined and serious enough to do a little more to gain the edge needed to succeed.

The fee for the Quicks program is \$10.00 which covers a T-shirt cost.

There is no fee for the strength training program.

****There is a cap of 70 students per session so register early.**