



# 2011 Neenah Joint School District Summer School Enrichment Program For Strength Training and Speed & Conditioning

**Attention 2011-2012 Neenah High School Parents:**

**Save the Dates: April 6 (5:00 - 8:30 p.m.) and April 7 (5:00 - 8:30 p.m.) for  
registration in the Neenah High School cafeteria  
during Parent/Teacher Conferences.**

## **Strength Training**

The Neenah Strength Program is a skill building activity sponsored by the Neenah Joint School District. This is a non-graded program. In order to have proper supervision **all students must preregister**. The program will be held at Neenah High School in the Strength Training Center (Link/Multipurpose Room).

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

The Strength Program runs from June 13 through August 5 (During the week of July 4-8 there will be no classes.)

**There is no fee for the Strength Training program.**

Due to varying ability levels and to maximize the benefit for your student, we are encouraging students in grades 9-12 to sign up for the 7 a.m. – 8 a.m. *or* the 8 a.m. – 9 a.m. *or* the 9 a.m. - 10 a.m. session for Strength Training. **(Please note: Each class is capped at 70 students.)**

## **Speed & Conditioning**

With the Nickname of “Quicks” this program provides ways for students to improve their speed, power, agility and conditioning. The program will be held at Neenah High School on the track and field area. Pending bad weather, and the availability of facilities, Quicks will meet inside. **All students must preregister**

Quicks will only meet on *Tuesdays* and *Thursdays* after Strength Training.

The Quicks Program runs from June 14 through July 28 (During the week of July 4– 8 there will be no classes.)

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

Due to varying ability levels and to maximize the benefit for your student we are encouraging students in grades 9-12 to sign up for the 8:10 a.m. - 9:10 a.m. *or* the 9:10 - 10:10 a.m. session for Quicks. **(Please note: each class is capped at 70 students)**

**\* Please make every effort to register at this time as space is limited.\***