

WILDCAT STRENGTH AND CONDITIONING SUMMER PROGRAM

JUNE 26, 2017- AUGUST 18, 2017



The WILDCAT Strength & Conditioning program is designed to provide a cost effective, safe, and productive atmosphere for Milton Athletes (male & female) age 13 and up to train under the supervision of a Certified Trainer. The focus is on "core" strength training, in an efficient and effective group setting that will prepare the athlete for the fall season.

Please circle the session you would like to attend

PROGRAM SCHEDULE:

Morning Sessions: 6:00am - 7:20am & 7:30am - 8:50am

Grades 7-12, 4 days/week, Monday through Thursday for 80 minutes

Afternoon Session: 3:00pm - 4:20pm

Grades 7-12, 4 days/week, Monday through Thursday for 80 minutes

The program is designed by **Ted Kackley, a Certified Personal Trainer** and owner of TK Fitness. The program will use Multi-joint, ground-based movements to produce maximum gains, muscular power and strength. Other exercises will help improve explosiveness, and to train endurance in ways that benefit athletes of all sports. This training is done in a sport-specific manner to help you perform at the highest level while competing.

Our training sessions include the following:

- **Dynamic Warm-Up**
- **Linear Speed Training**
- **Agility Training**
- **Plyometric Move-ments**
- **Upper-Body Strength**
- **Explosive Move-ments**
- **Lower-Body Strength**
- **Proper Cool Down**
- **Game Speed**

REGISTRATION INFORMATION

FEE PER FAMILY

1 Athlete = \$100

2 Athletes = \$160

3 or more Athletes = \$240

****Financial assistance available –
No MHS athlete will be turned away.**

PAYABLE TO:

TKFitness

Paperwork and payment must be submitted before participating in the program.

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GENERAL INFORMATION AND POLICIES

- * Balances are due in full with registration.
- * No refunds for sick or absent days.
- * Fees are as stated. There will be no pro-rated fees.
- * Each program will begin on the MHS Track (field house if rain)

- * If picking up your athlete, please be prompt. There will be no supervision for late pickup.
- * It is advisable that each athlete brings his or her own hydration.

**Contact Ted Kackley with Questions
781-820-5235 or tkackley@tkfitness1.com**



LIABILITY RELEASE AGREEMENT

I sign this liability release agreement both individually and as parent/guardian with legal authority and responsibility for the minor child named on this form. I certify that the child is in good physical condition. In case of personal injury during, before or after participation in this program, I hereby consent to treatment for those children by a medical doctor or member of The Wildcat Summer Strength & Conditioning Program.

On behalf of myself, any minor children named on this form and our heirs, assigns, personal representatives and next of kin,

(1) I acknowledge that participation in physical exercise under the direction of The Wildcat Summer Strength & Conditioning Program in their various forms carries with it inherent risks, including but not limited to, the risk of personal injury, death or property damage and I voluntarily assume those risks. I know that the risks also include but are not limited to unusual physical changes, including but not limited to, abnormal blood pressure; fainting; disorders in heartbeat; heart attack; and, in rare instances, death.

(2) I release The Wildcat Summer Strength & Conditioning Program, its trainers, representatives, affiliated companies and/or employees, with respect to any and all liability, loss, damage, costs, claims, and/or causes of action, including but not limited to injury, disability, death, or loss or damage to person or property related in any way to participation in The Wildcat Summer Strength & Conditioning Program by myself or any child listed on this form, whether arising from the negligence of The Wildcat Summer Strength & Conditioning Program, its trainers, representatives, affiliated companies and/or employees.

(3) I further understand that participation in physical exercise involves the risk of injury to all parts of the participant's body.

(4) I agree that this agreement will be governed by Massachusetts law. I further agree to defend, indemnify and hold harmless The Wildcat Summer Strength & Conditioning Program, its trainers, representatives, affiliated companies and/or employees from any and all liabilities incident to the program of physical exercise, even if arising from the negligence of The Wildcat Summer Strength & Conditioning Program, its trainers, representatives, affiliated companies and/or employees, to the fullest extent permitted by law.

I/WE HAVE READ THE ABOVE RELEASE, UNDERSTAND THAT I/WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, HAVE NOT CHANGED IT ORALLY, AND SIGN IT VOLUNTARILY.

Participant's Name (Please print)

Participant's Signature (if over 18 years old) Date

Parent/Guardian Name (please print)

Parent/Guardian Signature

Date

Emergency Phone #

List below any health problems/concerns
