



**2022 CHIEFTAIN POWER SUMMER STRENGTH & CONDITIONING ENROLLMENT FORM**

PLEASE FILL OUT INFORMATION BELOW IN ORDER TO SIGN UP FOR APPROPRIATE SUMMER SESSION. PLEASE SIGN UP FOR THE APPROPRIATE SESSION SO WORKOUTS CAN BE ORGANIZED CORRECTLY BY AGE AND ABILITY LEVEL. WE UNDERSTAND TRAVEL ISSUES WITH FAMILIES OR INDIVIDUAL SITUATIONS MAY ARISE, PLEASE TRY TO KEEP ATHLETES IN CORRECT ABILITY SESSIONS. ANY SITUATION NEEDS TO BE COMMUNICATED WITH COACH P. TROYER OR M. THIEROLF.

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***ACTIVITY FEE IS \$40 PER STUDENT OR \$80 PER FAMILY- MAKE CHECKS PAYABLE TO THS - DUE WITH THIS FORM TO THE THS EAST OFFICE BY MAY 27<sup>TH</sup>. PLEASE FILL OUT FORM FOR EVERY STUDENT PARTICIPATING AND SELECT APPROPRIATE SESSION BY THEIR LEVEL.***

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STUDENT NAME \_\_\_\_\_ FALL GRADE \_\_\_\_\_

PARENT E-MAIL \_\_\_\_\_ SPORTS \_\_\_\_\_

PARENT E-MAIL \_\_\_\_\_ PARENT PHONE \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_ **FIRST DAY - MONDAY JUNE 13**

**FRESHMEN BOYS START IN THE WEIGHT ROOM**

**ALL OTHER SESSIONS MEET AT HS TRACK**

SELECT APPROPRIATE SESSION

SESSION 1 7:00 – 8:30 AM ( ALL HS MALE FRESH/ SOPH/JR/SR) \_\_\_\_\_

SESSION 2 8:00 – 9:30 AM (ALL HS FEMALE FRESH/SOPH/JR/SR) \_\_\_\_\_

Session 3 10:30 - 11:30 AM (All 7th & 8th graders) \_\_\_\_\_