

SUMMER FITNESS/WEIGHT TRAINING

- **Do you wish you were stronger, more explosive or simply in better shape?**
- **Does your coach think you need to get stronger and faster this summer?**
- **Do you want to have more self-confidence?**

If you answered YES to any of these questions, you need to sign up for this camp!

Coach Tarpey and Coach Prange will be leading an advanced fitness and weight training program this summer to help Ladue student-athletes achieve these results and more.

Each session will include time in the weight room and various types of fitness training. The focus will be on becoming a better athlete no matter what sport you play.

WHERE: Ladue High School

WHEN: June 7 - July 30 (Monday, Tuesday, Thursday, Friday)
8:30 am – 10:30 am

COST: Only \$40.00 for all 8 weeks

WHY: Being fit feels good (and it looks good at the beach)!

To enroll, please complete the form below and return form and payment (checks payable to Gridiron Camps) to: **Ladue Horton Watkins High School
Attn: Coach Mike Tarpey
1201 South Warson Rd.
St. Louis, MO 63124**

Summer Fitness/Weight Training Enrollment Form

Athlete's Name: _____

School: _____ Date of Birth: _____

Parent's Name: _____

Address: _____ Zip: _____

Home Phone Number: _____ Cell Phone Number: _____

Last Grade completed in the 2009-2010 school year: _____

T-Shirt Size (Circle One) Adult S M L XL XXL

I hereby request that my son/daughter be admitted to the Summer Fitness/Weight Training Program and authorize the directors to act for me according to their best judgment in any emergency requiring medical attention. I also state that my son/daughter is covered by accident insurance that provides protection for accidental bodily injury while participating in approved school athletics.

Parent Signature _____ Date _____