

Summer Strength & Conditioning Training

Come one, come all ... Students in Grades 6–12

Strength and Conditioning program will provide an opportunity for development of strength and conditioning for Nevis Student Athletics in various sports and fitness related activities. Free weights, exercise machines and conditioning activities will be incorporated to promote improvement in strength, endurance, balance, agility, and speed. Nevis Coaches will help run and funds will go to Nevis athletics programs and Nevis Community Ed.



Where: Nevis Fitness Center

When: June 4–Aug. 2 (Excludes July 2-76)

Session 1: All Male Athletics—M, W & TH

Time: 8 a.m.—9:30 a.m.

FEE: \$25

Session 2: All Females Athletics

Time: M & W 11:00 a.m.—12:00 p.m. (grades 6-8)

M & W 9:00 a.m.—10:00 a.m. (grades 9-12)

FEE: \$25

Mail to: Nevis Community Education, PO Box 138, Nevis, MN 56467

email: awhite@nevis308.org

Name: _____ Grade: _____

Program: _____ FEE: _____

Guardian: _____

Address: _____

City: _____ Zip: _____

Phone: (Day) _____ (Evening) _____

E-mail Address: _____

COMPLETE & RETURN WITH PAYMENT TO REGISTER

The following MUST be signed by all class participants age 18 and older, or by a parent or guardian of any participant under the age of 18.

I CERTIFY THAT MY DEPENDENT LISTED ABOVE (Check one)

____ IS ADEQUATELY INSURED or ____ DOES NOT HAVE INSURANCE, BUT I ASSUME ALL LEGAL RESPONSIBILITY FOR INJURIES/ACCIDENTS ARISING THERE FROM.

SIGNATURE: _____ DATE: _____

Method of Payment:

Checks payable to: Nevis School

Check #: _____

Cash: _____

