

2019 SMNW Summer Conditioning Program

“EVERYTHING MATTERS”

Information: The summer weight program is designed with one purpose in mind, to create a better athlete. The program is broken up into to three specific areas of emphasis; **A. Agility/speed/quickness**
B. Explosive Olympic Lifting **C. Core Strength Development**

Dates: June 10th-August 1st (Closed July 1st -July 5th)

Tuition: \$75 * Checks payable to **(boys weights: SMNW Football) (girls weights: SMNW Lady Cougars Basketball)** Return to school or mail to 12701 W 67th, Shawnee, KS 66216 Att: Bo Black (boys) or Tyler Stewart (girls) .

Location: Shawnee Mission Northwest Weight Room

Times:	7:00 a.m.-9:00 a.m.	M-T-W-TH-Fri	Football	Coach Bo Black &
	7:00 a.m.-9:00 a.m.	M-T-W-TH	Boys Basketball	Coach Mike Rose
	7:00 a.m.-9:00 a.m.	M-T-W-TH	Baseball	Domenic Mussat
	10:00 a.m.-11:00 a.m.	M-T-W-TH	Girls Basketball	Coach Tyler Stewart
	10:00 a.m.-11:00 a.m.	M-T-W-TH	Volleyball	Coach Susan Specht

NOTE OPEN GYM TIMES FOR SOME SPORTS:

8:15 a.m.-9:15 a.m.	M-T-W-TH	Boys Basketball
8:15 a.m.-9:00 a.m.	M-T-W-TH-F	Football (use turf)
9:30 a.m.-11:30 a.m.	M & TH	Varsity Baseball Field
9:00 a.m.-10:00 a.m.	M-T-W-TH	Girls Basketball
11:00 p.m.-12:00 p.m.	M-T-W-TH	Volleyball

*Note all open gym contact times (1) will end on July 12th and (2) are flexible in regard to sports summer camps having top priority.

IF YOU ARE SIGNING UP FOR BOTH HIGH SCHOOL WEIGHTS (\$75) AND FOOTBALL CAMP (\$75) PLEASE INCLUDE BOTH FORMS AND PAY \$120

Checks payable to SMNW Football

NON CREDIT/NON-REFUNDABLE This individualized, goal oriented course is designed to increase individual strength, speed, and endurance. A coach supervises weight training and all safety precautions are taken. Activities are all forms of weightlifting with machines and free weights. This class is open to all grade levels of Shawnee Mission Northwest High School students only.

 (Detach here and return with payment of \$75 to SMNW FOOTBALL)

Name: _____

Address: _____ Email: _____

Parents/Guardians Name _____

Parents Home Phone _____ Parents Cell Phone _____

2019-2020 School year Grade: _____

Check # _____ Cash _____