

# 2023 SMNW Summer Conditioning Program

## “EVERYDAY CHAMPIONS”

**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

*Available to all upcoming 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade student athletes (Boys and Girls)*

**Dates:** June 5, 6, 8, 13, 14, 15, 19, 20, 22, 26, 27, 29 (Closed July 1st-July 9th)  
July 10, 11, 13, 17, 18, 24, 25, 27, 31  
August 1, 2, 3

**Tuition:** \$80 \* Checks payable to SMNW Football - Return to school or mail to: 12701 W 67<sup>th</sup>, Shawnee, KS 66216 Att: Bo Black, Feel free to bring on June 5<sup>th</sup>.

**Location:** Shawnee Mission Northwest Weight Room

**Time:** 11:00 a.m.-12:30 p.m

**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 incoming middle school student grade levels.

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(Detach here and return with payment of \$80)

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Parents/Guardians Name \_\_\_\_\_

Parents Home Phone \_\_\_\_\_ Parents Cell Phone \_\_\_\_\_

2023-2024 School year Grade: \_\_\_\_\_

Check # \_\_\_\_\_ Cash \_\_\_\_\_