**B-EHS SUMMER FITNESS ACADEMY**

**June 20th to August 14th Mondays thru Thursdays 5:00 to 6:30 pm**

**Insanity TigerFit Training Tuesday and Thursday 3:00-4:30 pm**

Speed, agility, strength, quickness, and flexibility are very important to the health of a football player and the success of a football program. It is an expectation, not a suggestion, that ALL Tiger Football Players workout in the B-E H.S. weight room with their TEAM. The weight room will be open Monday-Thursday from 5:00 till 6:30 PM (also from 9:30 AM-10:30 AM, supervised by the basketball coaches). There will also be speed/agility cross training Tuesday and Thursday afternoons from 3:00 to 4:30 PM on the practice field behind Kirkby. The instructors are educated and have spent a lot of time putting together a workout for your success and, if you are in an activity or sport, success as a team. Working out together, as a team, helps build a relationship and camaraderie that you cannot get working out in your basement or at the local health club. This is also a way to measure your dedication to the program and help make decisions during player evaluations in the fall.

**While the workouts do cost money, it is a low, one time fee for the whole summer. If payment is a problem, scholarships are available.**

ATTENTION TIGER FOOTBALL PLAYERS: 30 days in the summer is the minimum for incoming freshmen and upper classmen.

*Cost:* ***$ 40*** *or participate in the spring fundraiser.*

*Coaches will be on hand for private instruction.*

**\*Please make checks payable to B-E Football Booster Club\***

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade in Fall\_\_\_\_\_\_ DOB\_\_\_/\_\_\_/\_\_\_**

**Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Weight\_\_\_\_\_\_\_\_\_\_\_\_ Height\_\_\_\_\_\_\_\_**

**Parent/Guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-Mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Any Lifting limitations\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Liability Release and Assumption of Risk Disclaimer**

I understand that my student athlete must have current and active medical insurance before attending weight lifting and camp. I hereby register my student athlete for the Burlington –Edison summer fitness academy and authorize direction from the staff. I authorize the Burlington-Edison fitness academy staff to obtain/or administer any medical care or treatment necessary. Neither I nor my student athlete will hold the BEHS staff liable for any injuries incurred while or as a result of weight lifting and cross training.

Signature of Participant\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Parent/Guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_

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Football practice starts August 15th. The Athletic office will be open beginning August 13th. Athletic packets (with physicals) are due **BEFORE** the first day of practice. $35 ASB card fee (checks made out to B-EHS) is due when packet is turned in.