

# **LODI BFS Program – Summer School 2021**

**Where:** HS weight-room and gym.

**\*\*Please drop off and pick-up students behind the HS near the Softball diamond.**

**When:** \*\*Summer BFS - BEGINS Monday, June 7th and ENDS Friday, July 30th (8 Weeks)

**\*\* WE WILL have BFS the week of July 5th to the 9th**

**Times:** Class is held Monday – Friday for the 6 am, 7 am, and 8 am sessions. Class is held Monday - Thursday for the 5:15 am, 9 am, 10 am (girls only), and 4 pm sessions. Class is held for 6/7th graders on Mon/Weds or Tues/Thurs from 3 pm to 3:45 pm. All classes are COED with the exception of the 10 am class.

**Last Day:** Grades 6-12: Thursday, July 30

**Cost:** \$25 – Checks made out to Lodi School District.

*The purpose of Bigger Faster Stronger is to encourage positive changes in the lives of young people. This program helps ALL athletes of ALL abilities for ALL sports. With effort and focus, this program WILL improve student-athletes skills and abilities. The program requires dedication, hard work, and endurance. There are several sessions that will be run to accommodate a variety of experience levels with the Bigger Faster Stronger program. Each session will be one hour long and start at the indicated time. Athletes are expected to show up 5 minutes prior to class beginning.*

<b>T-Shirt (please circle the correct size!)</b>					
Adult	XXL	XL	L	M	S
Youth	L	M			

<b>Fall 2021-22 Grade Level (please circle)</b>  <b>All grades are based on grades in the Fall of 2021-2022 school year.</b>					
GRADE 6 OR 7	GRADE 8	GRADE 9	GRADE 10	GRADE 11	GRADE 12

## **BFS Summer Sessions In-Person**

Mark Class you will Attend	Session Time	Grade	Days
	5:15 AM to 6 AM	10th, 11th, 12th grade (coed)	Monday thru THURSDAY

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	6 AM to 7 AM	10th, 11th, 12th grade(coed)	Monday thru Friday
	7 AM to 8 AM	10th, 11th, 12th grade (coed)	Monday thru Friday
	8 AM to 9 AM	10th, 11th, 12th grade (coed)	Monday thru Friday
	9 AM to 10 AM	8th & 9th grade (coed)	Monday thru THURSDAY
	10 AM to 11 AM	FEMALE Only 8th to 12th grade	Monday thru THURSDAY
	3 PM to 3:45 PM (A)	6th & 7th grade (coed)	MON/WEDS
	3 PM to 3:45 PM (B)	6th & 7th grade (coed)	TUES/THURS
	4:00 PM to 5 PM	10th, 11th, 12th grade (coed)	Monday thru THURSDAY

**Questions:** Preferred Contact for Coach David Puls is [pulsda@lodischoolswi.org](mailto:pulsda@lodischoolswi.org)

<b>STUDENT NAME:</b>
<div style="display: flex; justify-content: space-between;"> <span><b>HOME PHONE:</b></span> <span><b>CELL PHONE:</b></span> </div>
<b>EMAIL:</b>
<b>ADDRESS:</b>
<b>GRADE:</b> _____ <b>T-Shirt Size:</b> _____

**\*\*MY SON/DAUGHTER (LISTED ABOVE) HAS MY PERMISSION TO PARTICIPATE IN THE BIGGER FASTER STRONGER SUMMER SCHOOL PROGRAM.**

**PARENT NAME (PRINT):** \_\_\_\_\_

**PARENT SIGNATURE:** \_\_\_\_\_ **DATE** \_\_\_\_\_

## **LODI BFS Program – Summer School 2021**

**Online Registration for BFS Ends April 2nd! (Preferred)**

**Hardcopy Registration will be accepted in the HS Office through May 14th**