

Linn-Mar Athletic Enhancement Program
Students in 8th Grade in 2017-2018
Session #1

WHO: Boys and Girls Currently in 8th Grade

WHAT: Strength and Conditioning Introductory Program

WHEN: 6:00 – 7:00 PM

January 4th, 8th, 11th, 15th, 18th, 22nd, 25th, 29th
February 1st, 5th & 8th

WHERE: Linn-Mar High School Weight Room – Please enter through Door #10

COST: \$50 Per Athlete

(for information on fee waivers please contact your Middle School Athletic Director)



General Questions:

David Brown – LMHS Athletic Director
dbrown@linnmar.k12.ia.us
447-3061

The first phase of an athletic development program for the Linn-Mar Schools is to organize all of our programs and students into one Linn-Mar Strength Program. Part of this process is to begin instructing 8th graders on proper forms and movements prior to the summer before their 9th grade year. This will begin in January of 2018.

Make Checks Payable to Linn-Mar High School and mail to:
High School Athletic Office
3111 North 10th Street
Marion, IA 52302

Students Name _____ Grade in 17-18 **8th Grade Only**

Parent Name / Emergency Contact _____ Phone _____

I understand that personal medical insurance coverage for this program is the obligation of each participant. I hereby authorize the instructors of the Linn-Mar Strength Program to act according to their best judgment and provide medical attention to my son/daughter or ward in the event of injury/illness.

Legal Guardian's Signature _____

Date _____