## Linn-Mar Athletic Enhancement Program Students entering grades 9-12 in 2021-22



LMHS hires in professionals from Elite Fitness to manage our strength program. We work to offer multiple opportunities for kids in the summer, and before and after school opportunities during the school year.

When students are "out-of-season" we want them to lift 3 times a week. When students are "in-season" their teams will have 2 times a week for them to lift. The Elite Fitness group manages all of these weight programs and daily sessions for us.

We are asking that each student pay \$75 for year long strength training sessions at the high school. We have seen great athletic growth in kids who have committed to this program! The fee we charge to students is our estimate of the cost we will incur for managing the strength program. Any additional funds remain with the strength training program for maintaining/upgrading equipment.

Your fee covers all summer strength opportunities and, during the 2021-2022 school year, this payment will cover out-of-season strength sessions (before and after school), as well as in-season strength sessions with your team.

If you are interested in a scholarship, based on need, for this program please contact:

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

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

\*\*\* If you are entering 9-12<sup>th</sup> grade and have signed up to attend summer football camp with Linn-Mar you do not need to make a separate payment to the LMHS Strength program as Coach Lovell will be paying your \$75 out of the fee you pay for summer camp

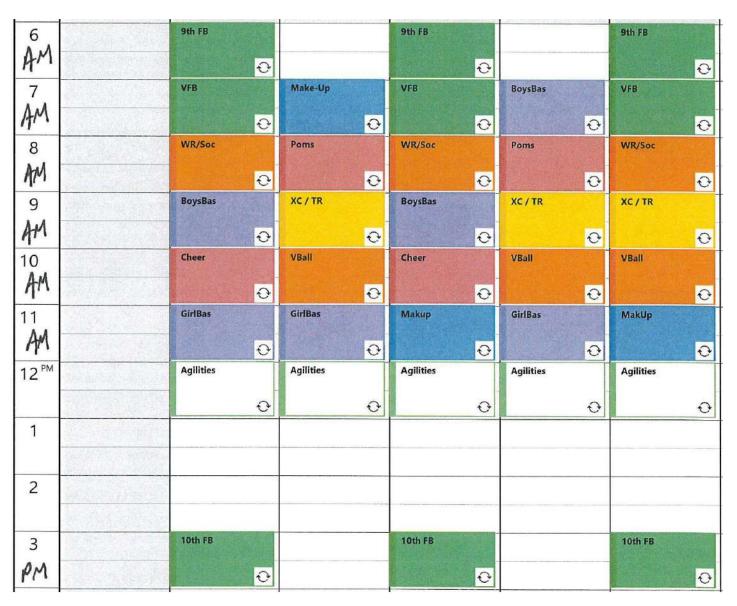
Our summer strength opportunities will begin on June 14th and go through July 23rd. We will lift using the time schedule below. We do want students to try and attend 3 workouts every week but this is not a requirement.

Below is a list of times where our coaches "suggest" you try and come to be with your specific team.

Athletes are able to attend any session they want to if the "suggested" time does not work. The "suggested" time is only to help kids select a time if they want to be with their teammates.

## WE DO ENCOURAGE ALL KIDS TO COME TO SPEED/AGILITY TWO TIMES A WEEK AT 12:00!!

If your team is not listed then you can pick any time that works best for your individual schedule.



It is important to note that during our strength training program kids are required to use our workout programs. We do not allow kids to come in and do their "own" workout. This is not an "open" weight room session and we do not offer "open" weight room opportunities for students through our athletic enhancement program.