

# **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

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**Make Checks Payable to Linn-Mar High School and drop off at the first day of training  
or you can bring by the Cashier Office (you can also pay by card with Cashier)**

Students Name \_\_\_\_\_ Grade in 21-22 \_\_\_\_\_

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 \_\_\_\_\_**

**\*\*\* 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 14<sup>th</sup> and go through July 23<sup>rd</sup>. 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.

6 AM		9th FB		9th FB		9th FB
7 AM		VFB	Make-Up	VFB	BoysBas	VFB
8 AM		WR/Soc	Poms	WR/Soc	Poms	WR/Soc
9 AM		BoysBas	XC / TR	BoysBas	XC / TR	XC / TR
10 AM		Cheer	VBall	Cheer	VBall	VBall
11 AM		GirlBas	GirlBas	Makup	GirlBas	MakUp
12 <sup>PM</sup>		Agilities	Agilities	Agilities	Agilities	Agilities
1						
2						
3 PM		10th FB		10th FB		10th FB

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.