

PIUS XI HIGH SCHOOL

Possibilities. Preparation. Purpose.



Summer Series - 2011 Strength & Conditioning

Strength & Conditioning

This program is designed to train aspiring high school athletes in all aspects of physical conditioning relevant to the demanding sports they will play.

Drills and routines relevant to torso stability, core strength, foot quickness and agility—along with power and endurance through strength training—will be covered.

Our personnel encourage both focus and a positive attitude in a fun atmosphere that challenges each participant to become the best conditioned athlete he or she can be.

We expect the athlete to take the foundation established in this camp and build upon it using our recommended program throughout his or her high school career. Participants should leave this program well educated and with a great chance of dramatic improvement in overall physical development, thus prepared for future success in athletic competition.

All sessions will be held in the Pius XI Field House and are limited to Pius XI students. The Pius XI Field House is one of the finest facilities in southeastern Wisconsin. It includes a state-of-the-art weight room, numerous pieces of cardiovascular fitness equipment, and a spacious upper level designed to accommodate a multitude of workout designs.

Sessions

All sessions run Monday-Thursday, June 6-30, July 11-28

(Please note: no sessions held July 4-7)

Session 1 8:15 AM-10:15 AM (All female students)

Session 2 9:15 AM-11:15 AM (All male students)

Camp Fee: \$70

All sessions held at Pius XI High School Field House

Enrollment Deadline: June 1, 2011

Registration

Strength & Conditioning

Student Name _____

Address _____

City _____ Zip _____

Phone (_____) _____

Student Email _____

Incoming Grade (2011/2012) _____

Sports of Interest _____

Parent/Guardian Name _____

Home Phone _____ Mobile _____

Parent/Guardian Name _____

Home Phone _____ Mobile _____

Parent/Guardian Email _____

Family Physician _____ Phone _____

Health Insurance Carrier _____

Policy Number _____

Please list any health concerns/allergies of which we should be aware:

Complete **both sides** of form and mail to:

R.A. Fischer
 Summer Strength & Conditioning
 Pius XI High School
 135 N 76th St
 Milwaukee, WI 53213

Registration

Strength & Conditioning

Session 1 (\$70) (All **female** students; 8:15 AM–10:15 AM)
 Mon–Thurs June 6–30, July 11–28

Session 2 (\$70) (All **male** students; 9:15 AM–11:15 AM)
 Mon–Thurs June 6–30, July 11–28

Please note there will be no sessions held July 4–7.

My check payable to *Pius XI High School* is enclosed

Please charge my credit card listed below:

MasterCard # _____ Exp _____

Visa # _____ Exp _____

Your canceled check/credit card statement is your confirmation of camp enrollment. No refunds will be issued after the stated enrollment deadline date.

By enrolling your student in any Pius XI Summer Series camp or workshop, you hereby authorize school officials to take whatever action is deemed necessary, in their judgment, for the health of your child. You consent to any immediate medical procedures that the physician believes your child needs. You accept full responsibility for all costs related to such treatment.

You also certify that your student is in good health and give permission for your student to participate in any or all programs. You hold Pius XI High School, its agents and camp workers free from all liability for any injury or loss which might occur as a result of your child's involvement in the Pius XI High School Summer Series.

In addition, you give permission for photos to be taken of your child to be used in Pius XI literature.

Parent/Guardian Signature: _____

web registration

For a complete list of Summer Series offerings, visit www.piusxi.org and click on Summer Camps!