



# JUNIOR HAWKS

## Strength & Conditioning - Spring 2018

**Program Description:** The goal of the Junior Hawks Strength and Conditioning Camp is to prepare youth for the demands of competition and to increase overall fitness levels. We will focus on age appropriate skills that are fun and engaging for the athlete and non-athlete alike.

**Age Level:** 5th, 6th, 7th, & 8th grade

**Dates:** Session 1 - April 11th - May 3rd  
Session 2 - May 9th - May 31st

**Location:** North Campus Fitness Center (off of North Campus East Gym)

**Days:** Wednesdays & Thursdays 4:15 - 5:15

**Fee:** \$100 for 1 month or \$180 for two months

**Questions:** Contact Jeremy Miller at millerj@arrowheadschoools.org or 369-3611 ext. 4644

### Head Trainer



**Jeremy Miller:** Head Wrestling Coach—Certified Personal Trainer  
Youth Fitness Specialist—Performance Enhancement Specialist



I give my son/daughter \_\_\_\_\_, grade \_\_\_\_\_, permission to participate in Arrowhead's Strength and Conditioning program. I do not hold Arrowhead High School or the staff liable while my child is participating in this program. I acknowledge that at camp, my child will participate in a variety of strength and conditioning activities, which could result in injury. I acknowledge- that I must have adequate health insurance to cover any injuries while involved in this program. I also understand that spots may be limited and will be granted on a first come, first serve basis.

Parent / Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

E-Mail \_\_\_\_\_ Phone (Cell) \_\_\_\_\_ (Home) \_\_\_\_\_

Make Checks Payable and send to: Arrowhead High School, Attn: Jeremy Miller, 700 North Avenue, Hartland, WI 53029