




O'GORMAN HIGH SCHOOL

Summer Strength & Conditioning Program



June 4
through
August 11th
at O'Gorman
High School



*Offered with:
Avera McKennan
Acceleration &
Orthopedic Institute*

O'Gorman High School
3201 S. Kiwanis
Sioux Falls, SD 57105

Activities Office
Phone: 575-3300
Fax: 575-3398

E-mail
skueter@sfcss.org
dgustaf@sfcss.org
rlynch@sfcss.org



NAME _____

NUMBER OF YEARS IN PROGRAM _____

GRADE (09-10) _____ PHONE NUMBER _____ SHIRT SIZE _____

STREET ADDRESS _____

PARENT/GUARDIAN NAME _____

* PARENT/GUARDIAN EMAIL ADDRESS _____

ATHLETE'S SIGNATURE _____

PARENT'S SIGNATURE _____



I hereby authorize the director of the Summer Strength & Conditioning Program to act for me according to their best judgment in any emergency requiring medical attention and hereby waive and release the camp and O'Gorman High School from any and all liability.

* More information to follow after registration via email.



Summer Strength & Conditioning Program

O’Gorman’s Summer Strength & Conditioning Program features off-season performance enhancement for competitive athletes, boys and girls, grades 8-12 (in 09-10 school year).

7th graders may participate with approval from Coach Lynch.

Through utilization of the staff at Avera McKennan Acceleration, Orthopedic Institute and O’Gorman High School, the ten week program is scientifically designed to make athletes faster, more explosive, and more self confident.

Get the competitive edge with the O’Gorman Summer Strength & Conditioning Program.



The instructors of the O’Gorman Summer Strength & Conditioning Program will include staff from Avera McKennan Acceleration, Orthopedic Institute, and O’Gorman High School. The program will include:

- **Strength Training**
- **Plyometrics**
- **Running drills**

This program will be individually designed based on participant’s age and ability.

The program will also take into consideration the participant’s work schedule, other summer camps, and family vacation time. The program will also be scheduled around summer school hours.

If you have any questions, please call Steve Kueter at 575-3300.

June 4 - Aug. 11

Monday, Tuesday, Thursday

7:15 a.m. - 11:30 a.m.

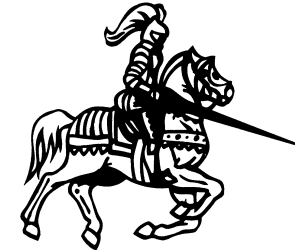
Wednesday

8:00 - 11:00 a.m.

Friday

7:15 - 11:00 a.m.

\$150.00 per person



To register, simply fill out the registration form. Return the form and check to:

O’Gorman High School
Att: Dody Gustaf
3201 S. Kiwanis
Sioux Falls, SD 57105

Please run additional copies if necessary.

