

2011 MILLER IRON

HIGH SCHOOL MIDDLE SCHOOL EVENING SPEED TRAINING

6:30-8:00 am

10:00-11:00am

All Grades

8:00-9:30 am

7:00-8:00pm

Miller Iron is our summer strength and conditioning program. It is designed to help improve strength, speed, and conditioning. This program is offered in the summer to help prepare the players for the upcoming year in sports. The players will get about 50 minutes for specific lifts each day and 25 minutes will be devoted to speed and plyometric training. Additionally, 15 minutes will be for core training and flexibility. Athletes need to wear gym shorts/tshirts/socks/tennis shoes.

Speed training will be offered 3 nights a week (Mon. Tues. Thurs.) in the evenings. This time will be designed to develop speed. Speed training will begin

THIS PROGRAM WILL BE HELD AT THE WEIGHT ROOM AT THE NEW MIDDLE SCHOOL (OLD HIGH SCHOOL) ON GARTH BROOKS AVENUE. IT IS ACROSS FROM THE TENNIS COURTS.

IT BEGINS JUNE 6TH AND ENDS AUG 4th There will be no weights the week of July 4th.

THE COST IS **\$75.00** FOR THE ENTIRE 8 WEEK PROGRAM. THERE WILL BE MAKEUP DAYS

AUGUST 4th will be 2nd ANNUAL LIFTATHON.

MILLER IRON REGISTRATION FORM

MY SON, _____ HAS PERMISSION TO PARTICIPATE IN THE MILLER IRON SPEED STRENGTH AND CONDITIONING PROGRAM.

\$75.00 MADE PAYABLE TO YUKON QUARTERBACK CLUB WILL ACCOMPANY THIS PERMISSION SHEET AND BE TURNED IN TO THE YUKON STAFF ON THE FIRST DAY OF INSTRUCTION.

I SPECIFICALLY WAIVE, GIVE UP AND RELEASE THE COACHES AND SCHOOL FROM ANY LIABILITY FOR ANY CLAIM OR FINANCIAL RESPONSIBILITY FOR DAMAGES WHICH MY SONE MAY HAVE FOR INJURIES AND ILLNESS THA HE MAY SUSTAIN AT OR TRAVELING TO AND FROM SCHOOL.

IN THE EVENT OF AN EMERGENCY IN WHICH MY SON REQUIRES MEDICAL ATTENTION, I AUTHORIZE THE STAFF TO ACT FOR ME.

ATHLETES NAME: _____ DATE: _____

PARENT OR GUARDIAN SIGNATURE _____

GRADE IN 2011-12 _____ EMERGENCY PHONE # _____

IF YOU HAVE ANY QUESTIONS OR NEED ADDITIONAL INFO, PLEASE CALL 405-354-6673