

# **2011 MILLERETTE SUMMER PRIDE**

## **GRADE IN 2010-11**

<b><u>SCHOOL YEAR</u></b>	<b><u>DATES</u></b>	<b><u>TIME</u></b>	<b><u>DAYS</u></b>	<b><u>COST</u></b>
6-7-8	JUNE 6-JULY 7	8:00AM-9:00AM	MON-THUR	\$50.00
9-10-11-12	JUNE 6-JULY 7	9:30AM-11:00AM	MON-THUR	\$50.00

MILLERETTE SUMMER PRIDE IS A HIGHLY ORGANIZED, HIGH INTENSITY SUMMER CONDITIONING PROGRAM SPONSORED BY YUKON HIGH SCHOOL. IT IS DESIGNED TO HELP INCREASE YOUR STUDENT-ATHLETES SPEED, STRENGTH, CONDITIONING, AGILITY, AND FLEXIBILITY. IT IS A PROVEN FACT THAT ATHLETES WHO PARTICIPATE IN SUCH A PROGRAM HAVE LESS CHANCE OF INJURY AS WELL AS PERFORM AT A HIGHER LEVEL DURING COMPETITION. THE PROGRAM USES A VARIETY OF TRAINING METHODS INCLUDING: WEIGHT TRAINING/SPEED TRAINING/FORM-RUNNING/CORE/PLYOMETRICS / AGILITY / FLEXIBILITY ETC. STUDENT ATHLETES WHO PARTICIPATE AND WORK HARD IN THE PROGRAM CAN EXPECT IMPROVEMENT IN HER STRENGTH, FLEXIBILITY, AGILITY, SPEED, CARDIOVASCULAR FITNESS, CORE, AND ANAEROBIC CONDITIONING.

THE PROGRAM WILL BE HELD AT THE 9-10 WEIGHT ROOM 1025 GARTH BROOKS. IT BEGINS JUNE 13<sup>TH</sup> AND ENDS JULY 15<sup>TH</sup>. THE COST WILL ONLY BE \$ 50.00 FOR THE ENTIRE 5 WEEK PROGRAM. ATHLETES NEED TO WEAR GYM SHORTS/T-SHIRT/ SOCKS/TENNIS SHOES.

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## ***MILLERETTE SUMMER PRIDE REGISTRATION FORM***

MY DAUGHTER, \_\_\_\_\_, HAS MY PERMISSION TO PARTICIPATE IN THE MILLERETTE SUMMER PRIDE SPEED STRENGTH & CONDITIONING PROGRAM. MY **\$50.00 MADE PAYABLE TO YUKON REBOUND CLUB**. WILL ACCOMPANY THIS INFORMATION/PERMISSION SHEET AND BE TURNED IN TO THE MILLER COACHING STAFF ON THE FIRST DAY OF INSTRUCTION.

I SPECIFICALLY WAIVE, GIVE UP, AND RELEASE THE INSTRUCTORS AND SCHOOL FROM ANY LIABILITY FOR ANY CLAIM OR FINANCIAL RESPONSIBILITY FOR DAMAGES WHICH MY DAUGHTER MAY HAVE FOR INJURIES AND ILLNESS THAT SHE MAY SUSTAIN AT OR TRAVELING TO AND FROM SCHOOL.

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

ATHLETES NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT OR GUARDIAN SIGNATURE: \_\_\_\_\_

GRADE IN 2010-11: \_\_\_\_\_ EMERGENCY PHONE # \_\_\_\_\_

**\*IF YOU HAVE ANY QUESTIONS OR NEED ADDITIONAL INFO, PLEASE CALL 405/354-0413 X1718  
SEND TO: 1025 GARTH BROOKS/YUKON, OK. 73009/ATTN: MILLERETTE SUMMER PRIDE**