



GF Strength Camp

Summer Strength & Conditioning



Who: Any GFC High School Athlete & Any Middle School Athlete Entering the 7-8th Grade

When: Mondays, Tuesdays, and Thursdays, June 4th - July 26th; Closed July 2nd - July 6th

Where: GFC Weight Room

Times: 7:00 a.m. – 8:15 a.m.	Male & Female (9-12)
8:00 a.m. – 9:15 a.m.	Male & Female (7-8)
9:00 a.m. – 10:15 a.m.	Male & Female (9-12)

*As schedules permit, we can accommodate some 9th-12th at 8:00 a.m. if needed

Cost: Grades 9-12: \$75.00 (Price includes a t-shirt)
Grades 7-8: \$50.00 (Price includes a t-shirt)
 *Fee reduction or waivers available on request, contact Mr. Lorenz. We will not turn anyone away.
 *Discount for multiple family members, contact Mr. Lorenz.

Registration: Return to Bill Lorenz 115 N. 4th St. Grand Forks, ND 58203

Make Checks Payable to: GF Strength Camp

Questions: Bill Lorenz wlorenz280@mygfschools.org 701-746-2375

The Summer Strength & Conditioning Program is intended to help all student-athletes improve their strength, agility, flexibility, and conditioning by using the latest in scientific and sound lifting techniques. It is a specialized program with exercises and drills designed specifically for sport performance and skill enhancement, injury prevention, and improving overall speed, flexibility, and agility. Players will be challenged daily to improve their ability to successfully compete at the highest level of high school athletics in North Dakota. The program for middle school students is intended to introduce proper strength training principles and techniques in a non-threatening, yet challenging environment. Regardless of age or athletic ability or athletic skill, this program requires commitment and dedication. Athletes who do not attend on a regular basis will not see or experience the benefits of improved strength, speed, flexibility, and agility.

Detach and Return

Name of student: _____ Grade in Fall: _____ T-Shirt Size: _____ (adult)

Parent/Guardian Emergency Phone: _____ Parent/Guardian Name: _____

I understand that the coordinators and coaches will not be held responsible for injuries or loss of property while the above named student is participating in the Grand Forks Central Strength & Conditioning Program. The signature below absolves the Grand Forks Central Strength & Conditioning Program and the Grand Forks Public School District of all responsibility for loss of personal property. Furthermore, I realize the risks involved to the student. I hereby agree that I will pay, or cover through my insurance, any medical or hospital expenses, doctor bills, or other expenses, which are incurred as a result of treatment given the above named student in the GFC Strength & Conditioning Program.

I have read and fully understand the above statement:

Signature of parent/guardian: _____ Date: _____, 2018

Signature of Participant: _____ Date: _____, 2018