

# SHG 8<sup>th</sup> Grade Strength & Conditioning Program



**Days:** Monday and Thursday. March 20<sup>th</sup> - May 11<sup>th</sup>, 2023.

**Dates:** March 20, 23, 27, 30; April 3, 6, 17, 20, 24, 27; May 1, 4, 8, 11.

**Time:** 4:30 – 5:30 pm

**Location:** SHG West Campus

**Cost:** \$50 per athlete. Make checks payable to SHG.

**Contact:** Doug Ludolph, Strength & Conditioning Coordinator. (217) 816-3931; [ludolph@shg.org](mailto:ludolph@shg.org)

## **General Overview of Program:**

4:30 – 5:00 Warm-up, mobility, speed, and agility drills

5:00 – 5:30 Strength training movements

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**Sign-up Form – Please bring form and payment on first day of program attendance.**

Athlete Name: \_\_\_\_\_ School: \_\_\_\_\_

Medical Concerns: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Parent Phone: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Emergency Contact (other than parent listed above):

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## **SHG 8<sup>th</sup> Grade Spring Strength & Conditioning Program Medical and Liability Release**

I hereby authorize the staff of the **2023 SHG Spring Strength Conditioning Program** to act for me in their best judgment on any emergencies requiring medical attention. I release and waive the program staff and Sacred Heart-Griffin High School from all liability for any injuries incurred while at camp or arising out of travel to or from camp.

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Date