



Who: 8th grade male athletes

What: Gator Summer Strength & Conditioning

When: 8:00-11:00 am (T-Th)

Where: Delta Woods Middle School

Why: Commitment to Success

The Gator Strength & Conditioning Program is based on learning correct lifting techniques and weight training, agility training, and running. Coach Koch (head football and track coach) will be in charge of the training program. The program will require good attendance and effort to achieve maximum results. All athletes should wear t-shirt, shorts, and running shoes. All school rules will apply and all athletes will need to bring a copy of a physical of good health.

Dates: June 3, 8, 10, 15, 17, 22, 24, 29

July 1, 13 15, 20, 22, 23, (26-30 for 1 hour after FB Camp)

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Athlete: _____
Print

Parent: _____ emerg. #: _____
Print

I give permission for my son to complete the Summer Strength & Conditioning Program.

Parent signature: _____ **date:** _____