



## **Canton Summer Strength and Conditioning Program**

Summer training is extremely important to keep students fit and healthy. The Canton S&C program is a student's opportunity to build strength, endurance and power over the summer without travel or high cost. This program is designed to help athletes in every sport along with non-athletes who are looking to get fit. Group workouts will promote a safe yet competitive atmosphere while creating unbeatable conditioning opportunities for your child. The strength program is designed to build explosive power and strong bodies to handle the demands of all sports.

**Dates:** June 3rd - August 2nd (closed week of July 1st)

**Days:** Monday - Friday; 6 am - 10 am

**Location:** Canton High School Weight Room, Aux Gym & Track (on specified days)

**Grades:** 7-12th

**Cost:** \$75 per student, \$65 second child, \$175 family maximum

- Students will be expected to lift AND condition over the course of the 8 week program. If your child has access to a smartphone or other device, please have them download the **PLT4M** app. We will be using the **PLT4M** software to track attendance, view workouts and enter results. Kids without access to a smartphone will be accommodated. Enter code **chawks** to join.
- Group conditioning workouts will take place throughout the morning. Students will be notified in advance of the dates and times. Workouts will also be available to those who cannot participate during scheduled times.
- Students will receive a t-shirt with registration.
- Scholarships are available to students who are in need of financial assistance.

### **Thank you to our sponsors!**

The **Canton Booster Club** will be providing healthy snacks and refreshments at various times throughout the summer. **Sanford Canton-Inwood Memorial Center** is covering the cost of t-shirts for students. Thank you to both of these groups for funding and being big supporters of the Canton Strength and Conditioning program!



## Student Registration Form

Name: \_\_\_\_\_ Grade (2019-2020 year): \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Allergies, Health Concerns: \_\_\_\_\_

Emergency Contact (Name/Phone): \_\_\_\_\_

T-Shirt Size (circle one): YS YM YL XS S M L XL XXL XXXL

### Canton Strength and Conditioning Waiver and Release Form

I hereby acknowledge that the use of exercise equipment, including free weights, weight machines, and cardiovascular machines, and participation in vigorous physical activity including speed and agility training and conditioning, can be dangerous and may lead to serious injury or even death, and I, for myself and my heirs, executors, administrators, successors and assigns, assume all risk of such consequences, and do hereby remise, release, acquit, discharge and hold harmless Canton Strength and Conditioning, its present, former, and subsequent employees from any and all actions, causes of action, claims, demands, liabilities, or suits of any kind arising out of my participation in Canton Strength and Conditioning program, whether arising out of mechanical failure, negligence on the part of Canton Strength and Conditioning, or any reason or cause whatsoever. To my knowledge, \_\_\_\_\_ does not have any physical or mental condition that would prevent him/her from participating in a speed, strength, and conditioning program with Canton Strength and Conditioning.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Name (printed) \_\_\_\_\_

Student Name (printed) \_\_\_\_\_

In need of financial assistance or have questions? Contact Emily Plucker (605-940-6258, [chawkstrength@gmail.com](mailto:chawkstrength@gmail.com)). Checks can be made to Canton S&C Program.

Registration ends May 10th. Please return form to: Canton High School (% Emily Plucker)  
800 N. Main St.  
Canton, SD 57013