



We have a few outside groups coming in this summer that will help prepare us for the season. As many of you know, Coach Plucker won't be with us full-time anymore, however she has done a great job of lining up a great option for us this summer. Seth Boomsma of Boom Athletics and his staff will be coming down a few days a week to run much of our strength training program. I know Coach Plucker has already sent these forms out. Please let me know if you have any questions.

To compliment Seth, we will also be bringing in Shane Hennen and his staff twice a week to run some skill sessions. These will take place on Monday and Wednesday mornings from 9:15-10:15am. This will allow our athletes to get some of the best skill work around without having to leave our own gyms. There is a fee to participate in these workouts, however this fee is extremely reasonable compared to many options in town. Please sign the sign-up form below and return to the office with the selected option of payment.

SUMMER SEASON BEGINS JUNE 1st

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> |
|-------------------------------------|---|-------------------------------------|
| Hennen MS Boys 7-8am | Summer Slam @ Pentagon-PM Games Varsity and JV Teams | Hennen MS Boys 7-8am |
| Boom 8:15-9:15am | | Boom 8:15-9:15am |
| Hennen 9:30-10:30am | | Hennen 9:30-10:30am |
| Practice 10:30-12:00pm | | Practice 10:30-12:00pm |



Name: _____

Grade (2022-2023): _____

Please drop form off in the office.

Payment Options-Cash or Checks payable to Hennen Workouts

_____ #1- \$400 June 1st

_____ #2- \$200 June 1st, \$200 July 1st

_____ #3- \$100 May 1st, \$150 June 1st, \$150 July 1st