



Canton Summer Strength and Conditioning Program

Dates: June 2nd - August 4th

Grades: 7-12 Location: Canton High School

Summer training is extremely important to keep students fit and healthy. The Canton Strength & Conditioning program is a student's opportunity to build strength, endurance and power over the summer without travel or high cost. The program is designed to help athletes in every sport along with non-athletes who are looking to use the weight room during the upcoming school year.

High School: Monday - Friday, 6 am - 10:30 am

Middle School Boys: Monday/Wednesday/Friday @ 10:30 am

Middle School Girls: Tuesday/Thursday/Friday @ 10:30 am

Cost: \$100 High School, \$75 Middle School (t-shirt \$10 extra)

- High school students can request a lifting time or will be assigned to one. This year, they will have the option to lift outside of their scheduled time when requested.
- High school athletes will complete pre-program testing towards the end of May. Dates and information to come.
- Students planning to participate in open lifting during the 2021-2022 school year are strongly encouraged to participate in the summer lifting program to gain knowledge of the skills and movements necessary for open lifting. Safety is the number one priority!
- Please follow us on social media for easy access to information and updates.
Instagram: @chawkstrength
Facebook: Canton High School Strength and Conditioning

PLT4M

High school students will be using PLT4M for the strength portion of the program. To get started, download the PLT4M app and enter code **chawks** to join. Coach Plucker or parents can create an account for those who do not have a smartphone. Lifting results and attendance will be tracked through the app.



Student Registration Form

Name: _____ Grade (2021/2022 year): _____

Health Concerns: _____

Emergency Contact (Name/Phone): _____

T-Shirt (add \$10): Yes No T-Shirt Size: XS S M L XL XXL XXXL

Fee (\$100 HS, \$75 MS): _____

T-Shirt (\$10): _____

Total: _____ (fee is due at time of registration)

Phone: 605-940-6258, Email: chawkstrength@gmail.com

Registration ends **May 1st**. Please return form and payment to:

Canton High School
% Strength & Conditioning
800 N. Main St.
Canton, SD 57013

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 _____