



C-Hawk Intro to Strength and Conditioning

C-Hawk Intro to Strength & Conditioning is an introductory course for incoming 6th grade students. It is designed to teach proper movement, technique and lifting form with body weight and light equipment such as PVC pipes, training bars and medicine balls. A foundation in skills such as power lifts, olympic lifts and gymnastic movements will be built. We will test balance, speed, agility and coordination while getting fitter, faster and stronger. Athletes will be introduced to the weight room and given instructions on how to behave and participate in weight room activities.

Who: 6th Grade Students (2021-2022 school year)

Dates: June 2nd - August 5th

6th Grade Boys: Monday/Wednesday, 11:30 am - 12:30 pm

No class: Wednesday, June 16th Monday, June 21st
Monday, July 5th Wednesday, July 7th

6th Grade Girls: Tuesday/Thursday, 11:30 am - 12:30 pm

No class: Thursday, June 17th Tuesday, June 22nd
Thursday, July 1st Tuesday, July 6th

Location: Canton High School Weight Room & Aux Gym

Cost: \$80 + \$10 optional t-shirt

Registration ends May 1st.



Student Registration Form - Intro to Strength & Conditioning

Name: _____ Age: _____

Health Concerns: _____

Emergency Contact (Name/Phone): _____

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

Fee (\$80): _____

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 _____