

DODGE CITY HIGH SCHOOL

SUMMER STRENGTH & CONDITIONING

Summer Strength & Conditioning is a voluntary summer program taught by certified instructors trained in weight training and conditioning. It is designed to increase an athlete's speed, strength, agility, endurance, and flexibility. Over 300 student-athletes have participated each summer for the past 10 years of this program. The program is offered four times each week beginning June 29th and concluding on August 13th.

Sessions take place on Mondays thru Thursday of each week. Middle school students will attend sessions at their assigned middle school location. ***No sessions will take place the week of July 27-30.***

Dodge City High School Sessions:

Session #1 – RED DEMON FOOTBALL, only (grades 9-12 next fall)

Session begins at 6am and concludes at 8am; with individual workouts from 8-9a.

Session #2 – RED DEMON BASKETBALL/VOLLEYBALL/SOCCER, only (grades 9-12 next fall)

Session begins at 8 am and concludes at 10am;

Individual workouts for GBB/VB will from 7-8a.

Individual workouts for BBB/SOC will be from 10-11a.

Session #3 – OPEN SESSION (grades 9-12 next fall)

Session begins at 10am and concludes at Noon

Middle School Sessions – located at DCMS / CMS (grades 6-8 next fall)

Please use middle school registration forms available from individual middle schools.

Why participate? The strength and conditioning program is designed to maximize genetic potential. Participants gain strength, speed, and power as well as functional technique in all Olympic and power movements in the weight room. If you want to give your son or daughter the opportunity to become the physically best they can be, get them involved in this program. *Also, due to KSHSAA summer restrictions – students who wish to attend a team camp in any sport must attend (10) days of strength & conditioning (15 days for football). Team camps may begin the week of July 13.*

How do I register? Complete the registration form on the back and deliver to the DCHS Athletic Office on the first day of attendance – June 29th. **No pre-registration is needed, just bring this form on the first day!** **Physical forms will also be handed out at this time. Physicals will be only accepted in the Athletic Office and students are encouraged to return them as soon as possible. A current physical form is not mandatory for summer s&c, but all physicals MUST be turned in no later than August 17.**

SUMMER STRENGTH & CONDITIONING
REGISTRATION FORM

FIRST NAME: _____ LAST NAME: _____

GRADE: 9 10 11 12 **GENDER:** MALE / FEMALE **T-SHIRT:** Youth L Adult S M L XL 2XL

PARENT / GUARDIAN CONTACT NAME: _____

PARENT / GUARDIAN CONTACT PHONE #: _____

PARENT / GUARDIAN EMAIL: _____

I hereby grant permission for my child, _____, to participate in Strength & Conditioning. My child has not suffered any illnesses in the past that would make participation in the camp a risk. I further agree to release from any liability, the USD 443 Summer Strength & Conditioning Camp, its staff, Dodge City High School, and U.S.D. 443 for any injury or illness to my child. I further authorize the camp staff to act for me in case of any medical emergency because of injury or illness to my child. I acknowledge that I am aware that participation in this camp requires physical activities of a nature which could result in injury to participants notwithstanding the absence of fault on the part of the camp, its staff, Dodge City High School, and U.S.D. 443. The camp staff has explained to me the particular activities to my satisfaction and I am hereby authorizing my child to participate in these activities.

COVID-19 Parent/Guardian Certification and Consent

I am the parent/guardian of the aforementioned student and have authority to sign this certification and consent for the student's participation in conditioning workouts and team camps on the property of USD 443 during the summer of 2020. I am aware of the continuing existence of the nationwide Coronavirus pandemic and the highly contagious nature of the disease. I understand that the student's participation in the activities described will often occur in close proximity to other student participants, USD 443 staff, and volunteers, raising the risk of infection from Coronavirus, and possibly serious illness or death, from such participation. I understand that the staff of USD 443 will undertake reasonable precautionary measures, including implementation of preventive health standards issued by the state, local authorities, and USD 443 itself, in an attempt to minimize or prevent student's exposure to the disease. However, I realize that despite these precautionary measures, the risk of infection will remain from the nature of the disease itself and participation in physical activities in close proximity to others.

I certify that the following statements are true and understand that I have a continuing obligation to assure that the student will not participate if, at any time in the future, any of the standards below are not met:

- There has not been any travel by my family/household to any state or county identified as a "hot spot" for Coronavirus in the past 14 days;
- There has not been any exposure to someone who has been diagnosed with Coronavirus either in-household or non-household contact in the past 14 days;
- No one in our family or living in our household has shown any of the following symptoms of Coronavirus in the past 14 days; including:
 - Fever greater than 100.4 degrees
 - Cough; Shortness of breath/difficulty breathing
 - Sudden loss of smell or taste
 - Other signs of illness (headache, sore throat, general aches/pains, fatigue, weakness, extreme exhaustion)

I understand that USD 443 will rely upon the truthfulness of my certification, and the like certifications of others, and does not have the capacity to verify the accuracy of such statements. Therefore, despite such certifications, the risk will remain that the student, through no fault of USD 443, may be in the presence of persons infected with Coronavirus.

Understanding the highly contagious nature of Coronavirus and the inherent risks involved, I consent to the student's participation in the activities described and assume the risks of the student's potential exposure to and infection from Coronavirus as a result thereof.

Signature of parent / guardian

Date