

## SIGN-UP INFORMATION

Name: \_\_\_\_\_

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

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Session: \_\_\_\_\_ 20 - 21 Grade To Be In: \_\_\_\_\_

Mothers Work/Cell Phone: \_\_\_\_\_

Fathers Work/Cell Phone: \_\_\_\_\_

Emergency Contact Name & Number:  
\_\_\_\_\_

\*\*\*\*\*Your athlete must have Health insurance to participate

### DISCLAIMER

**M**y child, \_\_\_\_\_  
Has my permission to participate in The Trojan Strong Summer Program. I understand that my child will participate in activities that may involve physical contact with the ground and/or other people. I understand that there is no insurance carried by The Trojan Strong Summer Program and I hereby release the instructors, program and school system from any and all claims and/or financial responsibilities which my child may sustain at or traveling to and/or from The Trojan Strong Summer Program.

**I**n the event of an emergency in which my child requires medical attention, I authorize the staff to act for me and to obtain whatever medical treatment the staff deems necessary. I further agree to be responsible for any medical and/or other charges in conjunction with his participation at The Trojan Strong Summer Program.

**I**f your child has any restrictions, physical limitations or impairments of which we need to be advised of please list them below.

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

*We encourage your athlete to get a physical before starting physical activity!*

# TROJAN STRONG SUMMER 2020



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## June 29<sup>th</sup> – July 30<sup>th</sup> 2020

### GROUP 1

HIGH SCHOOL MALE ATHLETES 9<sup>TH</sup> – 12<sup>TH</sup>  
MONDAY / TUESDAY / WEDNESDAY / THURSDAY  
6:45 – 8:00 AM

8:00 – 9:00 AM  
SPORT SPECIFIC TRAINING

### GROUP 2

FEMALE ATHLETES 7-12  
MONDAY / TUESDAY / WEDNESDAY / THURSDAY  
8:45 - 10:00 AM

### GROUP 3

MIDDLE SCHOOL BOYS: GRADES 7 - 8  
MONDAY / TUESDAY / WEDNESDAY / THURSDAY  
10:15 – 11:15 AM

## **What is Trojan Strong?**

The Trojan Strong Summer Program is a strength, power, speed, agility, injury prevention and leadership program, run by the Andover High School Strength and Conditioning staff in coordination and cooperation with the Andover High Coaching Staffs. It is designed for teams to train together to help our teams develop and maintain a winning culture.

## **When is The Program?**

The Trojan Strong program starts June 8<sup>th</sup> and continues through July 31<sup>st</sup>

### 9<sup>th</sup>-12 Grade Male Athletes

June 29<sup>th</sup> – July 30<sup>th</sup>

Monday – Thursday

Meet @ 6:45 am in Gym B

### 7<sup>th</sup> - 8<sup>th</sup> Grade Male Athletes

June 29<sup>th</sup> – July 23<sup>rd</sup>

Monday – Thursday

Meet @10:15 am in Gym B

### 7<sup>th</sup> – 12<sup>th</sup> Grade Female Athletes

June 29<sup>th</sup> – July 30<sup>th</sup>

Monday – Thursday

Meet @ 8:45 am in Gym B

Come through the weight room doors on the east side of the school building by the shop building

### **No Training**

July 27<sup>th</sup> – July 30<sup>th</sup>

for 7<sup>th</sup> – 8<sup>th</sup> Grade Trojans  
(H.S and M.S Camp Week)

\*\*\*\*Lady Trojans (7 – 12) Sessions will be held\*\*\*\*

## **Who Can Attend?**

*ANYONE* who wants to improve their physical abilities through hard work and dedication while having fun may attend.

**All athletes please bring a set of cleats and tennis shoes. We will be using both grass and gym/weight room areas. Please come properly dressed for a workout.**

**Parents please drop your athletes off at the designated areas and please pick them up at the proper time.**

**We understand that many of you take family vacations and have events throughout the summer. Please communicate this with our coaches. We understand and encourage your athletes to take time with your family throughout the summer.**

## **What is the Cost?**

*High School Athletes 9-12 – \$50.00*

*Middle School Athletes 7-8 - \$50.00.*

## **Where is the program held?**

At the **Andover High School** weight room, gyms, and Practice Fields.

### **Payment**

**Because of the unknowns right now. Please have your athlete bring their check or cash the first day.**

*Make checks payable to:  
**Trojan Football***

*Attach check to the sign up information sheet on the back of the brochure.*

If you have questions feel free to contact Coach Dusenbury @  
[dusenbuk@usd385.org](mailto:dusenbuk@usd385.org)