

2019 AITKIN QUARTERBACKS CLUB
SUMMER STRENGTH, SPEED & AGILITY
MULTISPORT TRAINING



WHO: Any student, athlete or non-athlete, boys and girls, grades 5 - 12

WHERE: Aitkin High School Strength Room, Old Gym and New Gym

WHEN: Monday, Wednesday, Friday from 7 am to 9 am;

June 10 through July 26 (There will **NOT** be Summer Speed, Strength & Agility the week of June 30 – July 6)

COST: FREE

- Athletes are grouped age appropriately
- Enter through the south doors

IMPORTANT:

Parents must register and complete a release form through Community Ed. before a student may participate. Here is a link to Community Ed.

<http://home.isd1.org/community-education.html>



Strength and Honor Lift-a-Thon July 29 & 30

Participation in Summer Strength, Speed & Agility is required in order to participate in the Lift-a-Thon. Additional requirements will be discussed during Summer Strength, Speed & Agility.

2019

Quarterbacks Club Strength, Speed & Agility Release Form

Community Ed must have this signed form before a student can participate.

By signing this form, I hereby release, absolve and hold harmless the Aitkin Quarterbacks Club and School District 0001, its officers, employees, agents, and volunteers from any damage resulting from an injury incurred by my child while participating in the 2019 Quarterbacks Club Strength, Speed & Agility program. I understand that the Aitkin Quarterbacks Club and School District 0001 assumes no responsibility before, during or after the 2019 Quarterbacks Club Strength, Speed & Agility program.

I do hereby authorize the staff to act on my behalf, according to their best judgment, in an emergency requiring medical attention.

I certify that to the best of my knowledge, this child(ren) is (are) in good physical condition and has no disease or injury that would impair his/her ability to participate in the program.

Student(s)/Grade(s): _____

Parent/Legal Guardian Signature: _____

Printed Parent/Legal Guardian Name: _____

Emergency Contact Name & Number: _____

2nd Emergency Contact Name & Number: _____

Medical Conditions or Allergies include: