

B-EHS SUMMER FITNESS ACADEMY

June 24th to August 20th Mondays thru Thursdays 3:00 to 4:30 pm

Insanity TigerFit Training Tuesday and Thursday

Speed, agility, strength, quickness, and flexibility are very important to the health of a football player and the success of a football program. It is an expectation, not a suggestion, that ALL Tiger Football Players workout in the B-E H.S. weight room with their TEAM. The weight room will be open Monday-Thursday from 3:00 till 4:30 PM (also from 9:30 AM-10:30 AM, supervised by the basketball coaches). There will also be speed/agility cross training Tuesday and Thursday afternoons after the weight room on the practice field behind Kirkby Field. The instructors are educated and have spent a lot of time putting together a workout for your success and, if you are in an activity or sport, success as a team. Working out together, as a team, helps build a relationship and camaraderie that you cannot get working out in your basement or at the local health club. This is also a way to measure your dedication to the program and help make decisions during player evaluations in the fall.

While the workouts do cost money, it is a low, one time fee for the whole summer. If payment is a problem, scholarships are available.

30 days in the summer is the minimum for incoming freshmen and upperclassmen.

Cost: \$ 40 or participate in the spring fundraiser.

Coaches will be on hand for private instruction.

Please make checks payable to B-E Football Booster Club

Name _____ Grade in Fall _____ DOB ___ / ___ / ___
Phone _____ Weight _____ Height _____
Parent/Guardian _____ Parent Phone _____
E-Mail _____

Liability Release and Assumption of Risk Disclaimer

I understand that my student athlete must have current and active medical insurance before attending weight lifting and camp. I hereby register my student athlete for the Burlington –Edison summer fitness academy and authorize direction from the staff. I authorize the Burlington-Edison fitness academy staff to obtain/or administer any medical care or treatment necessary. Neither I nor my student athlete will hold the BEHS staff liable for any injuries incurred while or as a result of weight lifting and cross training.

Signature of Participant _____

Signature of Parent/Guardian _____ Date _____

Football practice starts August 21st. The Athletic office will be open beginning on August 19th. We need hard copies of sports physicals turned in, but will no longer be accepting athletic packets. You may register online anytime during the Summer. To register, go to burlington-wa.finalforms.com Hard copies of sports physicals are due in the Athletic office **BEFORE** the first day of practice. You must pay \$35 for an ASB card (outstanding fines must be paid prior to purchasing an ASB card). Online registration and ASB card purchase must be completed prior to obtaining a clearance card to attend practice