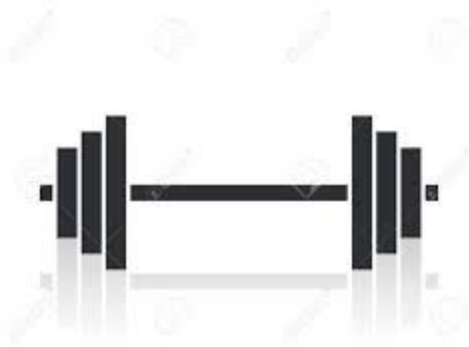


PETOSKEY NORTHMEN STRENGTH + SPEED PROGRAM



Who: Petoskey High School football players.

Purpose: The Petoskey Football program is providing a summer strength and speed program that is designed to help develop the strength, speed, agility, and conditioning of athletes. The program is run by the Petoskey High School Football staff.

When: 7:00-8:30 AM at the PHS weight room on the following dates:

June: 10, 11, 13, 17, 18, 20, 24, 25, 27

July: 8, 9, 11, 15, 16, 18, 29, 30

August: 1, 5, 6, 8

Cost: \$30. Please make checks payable to Petoskey Football Boosters. Mail checks to Gavin Fralick, 426 Harbor View Lane, Petoskey, MI 49770

Player Name: _____

Parent/Guardian Name: _____

Parent/Guardian Cell Phone #: _____

I certify that my child is in good health and able to participate in all athletic events. I hereby release the camp and it's coaches from injuries incurred during Northmen Speed & Strength Program workouts. I delegate the coach to seek and obtain any necessary medical care and treatment in the best interest of my child's health.

Parent/Guardian Signature: _____ Date: _____