

# PETOSKEY NORTHMEN STRENGTH PROGRAM



**Who:** For Petoskey football players who will be in 7th and 8th grade next fall.

**Purpose:** The Petoskey Football program is providing an introductory program to teach players safe and effective movement patterns in the weight room. Instruction will focus on fundamental lifts using a progression that focuses on teaching proper form for squatting, pushing, and pulling in the weight room.

**When:** 8:30-9:15 at the PHS weight room on the following dates:

June: 11, 13, 18, 20, 25, 27

July: 9, 16, 18, 30

August: 1, 6, 8

**Cost:** \$25. 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: \_\_\_\_\_