

# 2017 SMNW Summer Conditioning Program

## “Stronger Together”

**Information:** The summer weight program is designed with one purpose in mind, to create a better athlete. The program is broken up into to three specific areas of emphasis; **A. Agility/speed/quickness B. Explosive Olympic Lifting C. Core Strength Development**

**Dates:** June 12<sup>th</sup>-August 3<sup>rd</sup> (Closed July 3<sup>rd</sup>-July 7<sup>th</sup> )

**Tuition:** \$75 \* Checks payable to **(boys weights: SMNW Football) (girls weights: SMNW Lady Cougars Basketball )** Return to school or mail to 12701 W 67<sup>th</sup>, Shawnee, KS 66216 Att: Bo Black or Tyler Stewart

**Location:** Shawnee Mission Northwest Weight Room

<b>Times:</b>	7:00 a.m.-9:00 a.m.	M-T-W-TH-Fri	Football	Coach Bo Black &
	7:00 a.m.-9:00 a.m.	M-T-W-TH	Boys Basketball	Coach Mike Rose
	7:00 a.m.-9:00 a.m.	M-T-W-TH	Baseball	Domenic Mussat
	10:00 a.m.-11:00 a.m.	M-T-W-TH	Girls Basketball	Coach Tyler Stewart
	10:00 a.m.-11:00 a.m.	M-T-W-TH	Volleyball	Coach Susan Specht

**NOTE OPEN GYM TIMES FOR SOME SPORTS:**

8:15 a.m.-9:15 a.m.	M-T-W-TH	Boys Basketball
8:15 a.m.-9:00 a.m.	M-T-W-TH-F	Football (use turf)
9:30 a.m.-11:30 a.m.	M & TH	Varsity Baseball Field
9:00 a.m.-10:00 a.m.	M-T-W-TH	Girls Basketball
11:00 p.m.-12:00 p.m.	M-T-W-TH	Volleyball

\*Note all open gym contact times (1) will end on July 14<sup>th</sup> and (2) are flexible in regard to sports summer camps having top priority.

**NON CREDIT/NON-REFUNDABLE** This individualized, goal oriented course is designed to increase individual strength, speed, and endurance. A coach supervises weight training and all safety precautions are taken. Activities are all forms of weightlifting with machines and free weights. This class is open to all grade levels of Shawnee Mission Northwest High School students only.

**SCHOLARSHIP IS AVAILABLE FOR FINANCIAL HARDSHIPS. SEE MR. GIACALONE, ATHLETIC DIRECTOR**

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(Detach here and return with payment of \$75 to

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

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

Parents/Guardians Name \_\_\_\_\_

Parents Home Phone \_\_\_\_\_ Parents Cell Phone \_\_\_\_\_

2017-2018 School year Grade: \_\_\_\_\_

Check # \_\_\_\_\_ Cash \_\_\_\_\_