



Archbishop Hannan High School Summer Strength & Conditioning Program



Archbishop Hannan High School offers a Summer Strength & Conditioning Program for all students who desire to maintain or improve athletic performance during the summer months. Exercises are customized based on a student's primary sport and are supervised by a certified strength and conditioning coach. Group sizes are limited to optimize coaching and positive reinforcement. **Participating students must have a current LHSAA approved physical on file and must be enrolled for the 2018/2019 school year.**

The deadline to register for the summer program is **May 18, 2018**

Student's Name _____ Grade (2018/2019) _____

Primary Sport(s) _____

Head Coach _____

Date of LHSAA approved physical (date must be 7/26/2017 or later) _____ or

Check if student will participate in Hannan provided physicals on Wednesday, May 23, 2018

Registration Fee Included (refer to table below): \$ _____

Payment may be made via check, cashiers check, or money order payable to "Archbishop Hannan High School" Cash payments should not be submitted.

Primary Sport	Workout Days	Workout Times	Cost
Volleyball	M, T, TH	6:30 – 8:30a	\$185
Soccer	M, T, TH	6:30 – 8:30a	\$185
Baseball	M, T, TH	6:30 – 8:30a	\$185
Boys Basketball	M, T, W, TH	6:30 – 8:30a	\$210
Football	M, T, W, TH	8:30 – 10:30a	\$210
Wrestling	M, T, W, TH	8:30 – 10:30a	\$210
Track & Field	M, T, TH	11:30a – 1:00p	\$150
Cross Country	M, T, TH	11:30a – 1:00p	\$150
Softball	M, T, TH	11:30a – 1:00p	\$150
Girls Basketball	M, T, TH	11:30a – 1:00p	\$150
Non –sport specific	M, T, TH	11:30a – 1:00p	\$150

- Workouts begin June 4, 2018 and end July 26, 2018. No workouts are scheduled during the week of Independence Day (July 2 – 6).
- Note: if minimum group sizes are not met, students will be given the option to select a different workout session.
- Students completing all workout sessions are awarded a recognition shirt to celebrate the accomplishment. Indicate shirt size below

Adult Small Adult Medium Adult Large Adult X-Large Adult XX-Large

Parent/Guardian Contact Information:

Name _____ Relationship _____

Email _____ Cell # _____ Work# _____

Name _____ Relationship _____

Email _____ Cell # _____ Work# _____

Emergency Contact (if parents cannot be reached)

Name _____ Relationship _____

Cell # _____ Work# _____

Medical Information and Insurance Coverage:

List medications, medical issues, or allergies: _____

Insurance Provider _____

Policy Holder's Name _____ Policy/Group Number _____

Parental/Guardian Consent:

I, _____ grant permission for my child _____
Print parent/guardian's name Print child's name(s)

to participate in the Hannan Strength & Conditioning Program. This Program will take place under the guidance and direction of employees and/or volunteers from Archbishop Hannan H.S. As the parent and/or legal guardian, I remain legally responsible for any actions taken by the above named participant. I agree on behalf of myself or my child named herein to hold harmless and defend Archbishop Hannan H.S., its officers, directors, employees, and the Archdiocese of New Orleans, its employees or representatives associated with the event, from any claim arising from or in connection with my child attending the event or in connection with any illness or injury (including death) or cost of medical treatment in connection therewith, and I agree to compensate the school, its officers, directors and agents, and the Archdiocese of New Orleans, its employees and agents and/or representative associated with the event for reasonable attorney's fees and expenses which may incur in any action brought against them as a result of such injury or damage, unless such claim arises from the negligence of the school/Archdiocese. Further, Archbishop Hannan H.S. reserves the right to photograph its participants to reproduce such images to promote, publicize, or explain the programs and its activities.

Signature: _____

Date: _____