

**The TOMAH AREA SCHOOL DISTRICT**  
invites you to attend the  
**ENRICHMENT PROGRAM**  
***“SUMMER 2018”***

Strength and Athletic Training

Teachers: Brad Plueger/Jeff Von Haden/Bill Carney/Matt Weber

Grades: 9-11 (8 - 10 a.m.) Section 1 (June 11 – July 26)

Grades 5-8 (10 - 12 p.m.) Section 2 (June 11- July 26)

Grades 5-11 (2:30-4:30 p.m.) Section 3 (June 11- July 26)

Grades: 5-11 (4:30-6:30 p.m.) Section 4 (June 11- July 26)

**Class Limit: 50**

This course will teach students how to improve their flexibility, quickness, agility, speed, strength, and overall athleticism. This course will also teach aspects of proper nutrition and body training. This highly participative class will include many training drills used to improve the students’ physical skills.

**REGISTRATION FORM**  
**STRENGTH AND ATHLETIC TRAINING**

Student’s Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

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

School: \_\_\_\_\_ Current Grade (Spring 2018): \_\_\_\_\_

Section: Circle One    1    2    3    4