



SUMMER ATHLETIC ENRICHMENT PROGRAM

THE PROGRAM WILL CONSIST OF A 2-HOUR WORKOUT INVOLVING SPEED DRILLS, STRENGTH TRAINING, AGILITY, AND CONDITIONING FOR FEMALE AND MALE ATHLETES IN 6TH - 12TH GRADE

DATE: JUNE 7TH -24TH (MONDAY-THURSDAY)

TIME: SESSION 1- 8:00 AM - 10:00 AM
SESSION 2- 10:00 AM - 12:00 PM

WHERE: CAPITOL HILL HIGH SCHOOL

SCHOOLS: CAPITOL HILL HS / WEBSTER
WHEELER / CAPITOL HILL MS

COST: **FREE**

NAME: _____ GRADE: _____ (2021-2022)

I WILL NEED BUS PICK-UP: YES: _____ NO: _____

PICK-UP LOCATION: (PLEASE CIRCLE ONE) HOME OR SCHOOL

HOME ADDRESS: _____

EMERGENCY CONTACT: _____ PHONE: _____