

POTEAU PIRATES - SPEED AND STRENGTH PROGRAM - 2023

WETSU - NATION

THE POTEAU PIRATE SUMMER SPEED AND STRENGTH PROGRAM IS THE BEST PROGRAM IN THE STATE. ATHLETES WHO TAKE PART IN THE PROGRAM WILL GAIN AN ADVANTAGE OVER THE COMPETITION, AND WILL BE A MUCH BETTER ATHLETE AT THE END OF THE SUMMER. THE ATHLETE WILL SEE IMPROVEMENT IN SPEED/STRENGTH/FLEXIBILITY AND THAT WILL CARRY OVER ONTO THE PLAYING FIELD.

- All grades for the Summer Program will be the grades athletes will be entering in the 2022-2023 school year.
- Make Checks payable to the Poteau Public Schools..
- Money can be dropped off at the High School and left for Coach Werner or Coach Odom.
- Money can also be dropped off at the Football Fieldhouse to any Football Coach.
- If you have any questions - please call Coach Werner - 918-839-4572

PROGRAM INFORMATION

<u>High School Football - Grades 10-12</u> June 6th - June 29th - [Monday/Tuesday/Thursday] July 10th - 20th [Monday/Tuesday/Wed./Thursday] Time: 6:30 am - 8:00 am Cost: 20 Dollars Dead Weeks - No Workouts: July 3rd - 7th	<u>Junior High Boys - Grades 7-9</u> June 6th - July 19th - Monday/Tuesday/Wednesday Time: 8:00 am - 9:15 am Cost: 50 Dollars Dead Weeks - No Workouts: July 3rd - 7th
<u>JH and HS Girls:</u> June 6th - July 19th Monday/Wednesday Time: 9:30 am - 10:15 am Cost: 50 Dollars Dead Weeks - No Workouts: July 3rd - 7th	<u>Elementary Students</u> June 6th - July 19th Monday/Wednesday Time: 9:30 am - 10:15 am Cost: 75 Dollars Dead Weeks - No Workouts: July 3rd - 7th

Name _____ Grade: _____

Parent/Guardian: _____

Parent Phone: _____ Athlete Phone: _____

Shirt Size - Specify Youth or Adult _____

Athlete Waiver

The undersigned understand that participating in the weight training and speed training includes an element of risk. I hereby waive Poteau Public Schools/Poteau Football Staff of all claims of liability of any kind that arise from my child's participation in the Poteau Summer Pride Program. I also authorize Poteau Football Coaches to get medical treatment for the undersigned athlete in case of injury.

Athlete's Name _____

Parent/Guardian's Signature _____ Date: _____