

# KAPAUN MT. CARMEL MIDDLE SCHOOL WEIGHTS

DO YOU WORK ON FOOTBALL SKILLS? HOW ABOUT  
BASKETBALL SKILLS OR BASEBALL?  
WHY NOT WEIGHTROOM SKILLS? GET TO KNOW THE  
WEIGHTROOM AND HELP YOURSELF IN SPORTS.

WHAT: KMC WEIGHTS & AGILITIES  
WHO: 2010-2011 6<sup>TH</sup>, 7<sup>TH</sup>, 8<sup>TH</sup> GRADERS (BOYS & GIRLS)  
BEGIN DATE: JUNE 15 END DATE: JULY 29  
DAYS OF WEEK: TUESDAYS AND THURSDAYS  
TIME: 9:00-10:30AM  
WHERE: KMC WEIGHTROOM & CAMPUS  
COST: \$30 (INCLUDES T-SHIRT)  
NEED: SIGNED WAIVER FORM (SEE BELOW)  
QUESTIONS: COACH ADELHARDT @620 217-9030

-----PLEASE DETACH AND BRING -----

## KMC MIDDLE SCHOOL WEIGHTS/AGILITIES

\_\_\_\_\_ has my consent and approval for participation in Weight Training and Agility sessions at Kapaun Mt. Carmel Catholic High School. I hereby release the Wichita Diocese, Kapaun Mt. Carmel Catholic High School and the Kapaun Mt. Carmel staff from any claims due to any injuries sustained during a session. I verify that the person listed above is of good physical health.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

In case of emergency, between 9:00 and 11:00am, I can best be reached at the following numbers:

\_\_\_\_\_ or \_\_\_\_\_

Cost for whole summer: \$30

Checks can be made to: Kapaun Weights