

BLAINE HIGH SCHOOL 2006



SUMMER STRENGTH & CONDITIONING PROGRAM

**Monday, June 19 thru
Friday, August 4**

BHS WEIGHT ROOM



IMPORTANT DATES AND TIMES

STRENGTH AND CONDITIONING PROGRAM

Monday, June 19 – Friday, August 4
For athletes entering grades 9–12

STRENGTH TRAINING SESSIONS

- ★ **Session 1** 7:00 – 9:00 a.m.
M – W – F
- Session 2** 8:00 – 10:00 a.m.
M – W – F
- Session 3** 9:00 – 11:00 a.m.
M – W – F
- ★ **Session 4** 10:00 – Noon
M – W – F
- Session 5** 6:00 – 8:00 p.m.
M – W – F

ALL STUDENTS WELCOME

COST: \$65.00 Strength Training
M – W – F sessions

\$240.00 Family Cap

**Make checks payable to:
Blaine High School**

FB "O"- "D" / Str. Tr. Combo / April 2006

REGISTRATION FORM – SUMMER STRENGTH TRAINING 2006

Athlete's Name _____ Grade Entering Fall 2006 _____ Home Phone _____

Address _____ City _____ Zip Code _____

Session 1	M-W-F	7:00 – 9:00 a.m.	\$65.00
Session 2	M-W-F	8:00 – 10:00 a.m.	\$65.00
Session 3	M-W-F	9:00 – 11:00 a.m.	\$65.00
Session 4	M-W-F	10:00 – Noon	\$65.00
Session 5	M-W-F	6:00 – 8:00 p.m.	\$65.00

Make check payable to Blaine High School and return with this registration form to:
Shannon Gerrely • Blaine High School • 12555 University Avenue NE • Blaine, MN 55434-2199