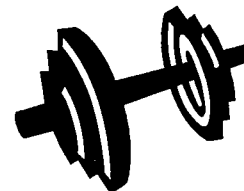


2011 SUMMER WEIGHT TRAINING SHAWNEE MISSION EAST HIGH SCHOOL

Dates: June 6 to Aug. 6, Monday – Thursday

Tuition: \$65.00, Checks payable to “SM East”

Location: SME Weight Room



WEIGHT TRAINING SESSIONS

Session 1 – Weights 7:30 - 8:30 am Senior and Junior Athletes
..... 8:30 - 9:30 am Team Agility

Session 2 – Weights 7:30 - 8:30 am Sophomores Athletes
..... 8:30 - 9:30 am Team Agility

Session 3 – Weights 9:30 - 10:30 am All Freshmen Athletes
..... 10:30 - 11:30 am Team Agility

Session 4 – Weights 10:00 - 11:00 am Girl Athletes
..... 11:00 - 11:30 am Team Agility

Non-Credit/Non-Refundable. Any athlete can participate in any session as long as the athlete to station ratio allows it. This class is open to all grade levels of Shawnee Mission East students only.

Name _____ SM Student ID# _____
Address _____ Home Phone _____

Parent Name _____ Work Phone _____
Email Address _____ Current Grade (Circle One) 8 9 10 11

Weights Session (circle one) 1 2 3 4 5

Cash/Check _____

Complete this application, include your check (payable to SM East) and return to:
Coach Sherman, SME Summer Weights, 7500 Mission Rd., Prairie Village, KS 66208.

Any questions call Coach Sherman at 993-6655 or email him at School.