

**SPRING CONDITIONING
THE FUTURE LANCER CONDITIONING CLUB
AT SM EAST HIGH SCHOOL
SPONSORED BY LANCER GRIDIRON CLUB**

Dates: March 28th thru April 27th
Monday's and Wednesday's

Time: 4:15 to 5:30PM

Tuition: \$75.00,
Checks payable to "Lancer Gridiron Club"
Includes t-shirt and individual workout plan after sessions are finished.

Who: Any **boy** in 6th, 7th or 8th Grade

Location: SME Weight Room

Instructors: Coach Sherman – Head Football Coach at SM East
Coach Hair – Head Boys Basketball at SM East



WEIGHT TRAINING SESSIONS

4:15-5:30pm – (Mon. and Wed. only)..... 6th, 7th and 8th Grade Boys

Course Objectives – Students will:

- Learn safe, effective lifting/spotting techniques and training principles
- Develop athletic movements by improving overall strength, power, balance, stability, speed and flexibility.
- Develop self-confidence and self-discipline.

Name _____

Address _____ Home Phone _____

Parent Name _____ Work Phone _____

Email Address _____ Current Grade (Circle One) 6 7 8

Complete this application, include your check (**payable to Lancer Gridiron Club**) and return to:
Coach Sherman, SME Spring Weights, 7500 Mission Rd., Prairie Village, KS 66208.

Any questions call Coach Sherman at 993-6655 or Coach Hair at 993-6662 or email us at eahair@smsd.org

SCHOLARSHIPS ARE AVAILABLE: PLEASE FEEL FREE TO CONTACT EITHER COACH SHERMAN OR COACH HAIR

Parents Release and Indemnity Agreement:

I hereby release the S.M. School District and Lancer Gridiron Club including all of its employees from all claims (present and future) resulting from any injuries which may be sustained by my son while attending the 2010 Future Lancer Conditioning Club.