



# 2019 SUMMER STRENGTH & AGILITY TRAINING

## SUMMER 2019 PROGRAM

Open to all rising 9-12 THS Students  
*(Not for Football Players who will have their own sessions)*

**June 24 - August 7**

*(no session 7/15 or 7/17)*

**Mondays & Wednesdays**

**3:30-5:00pm**

**7 week program:**

**Weight Training!**

**Speed & Agility Training!**

**Additional home workouts available!**



## PROGRAM DIRECTOR

**Ms. Megan Little, ATC**

NATA Certified Athletic Trainer

Pivot Training Staff

Tuscarora High School Alumnus

[megan.little@fcps.org](mailto:megan.little@fcps.org)

Sign up at [www.titansportscamps.com](http://www.titansportscamps.com)

Contact Coach Putterman, Athletic Director ([howard.putterman@fcps.org](mailto:howard.putterman@fcps.org)) for more informaton

**Only \$30**

## TITANS STRENGTH & AGILITY TRAINING PROGRAM OVERVIEW

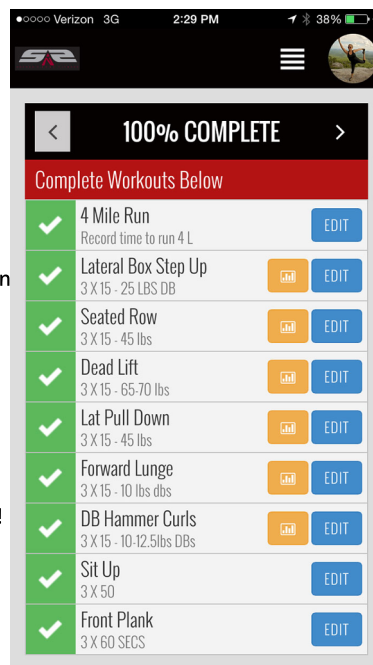
### REGISTER AT:

[WWW.TITANSPOORTSCAMPS.COM](http://WWW.TITANSPOORTSCAMPS.COM)

- \$30 fee covers strength and agility training for the summer and TeamBuildr access for the entire 2019-20 school year

### Upon Registration

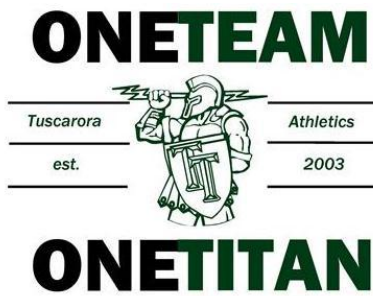
- Athletes will receive an easy-join code to set up account at [teambuildr.com](http://teambuildr.com)
- Athletes will have access to workouts through their TeamBuildr Account, on their mobile device, even when on vacation - never miss a workout!



- Workouts distributed and completed using mobile devices
- Workouts available wherever and whenever needed
- Workouts customized for each individual
- Progressive overload applied for safety and optimal growth
- 2 Days per week completed in the THS Weight Room
- 2-3 days of additional home workouts provided
- Weekly programs adapted for those on vacation
- Fitness, nutrition, and additional workouts provided for student education and development
- Team Messaging allows for communication and motivation
- Coaches can track athlete attendance and progress
- Follow us - @THSTitans



**PROTECT THIS HOUSE.**  
I WILL



## 2019 STRENGTH & AGILITY PROGRAM

Student Name				
Gender	Male	Female		
Grade (Fall 2019)	9	10	11	12
Student E-Mail Address				
Fall Sport				
Winter Sport				
Spring Sport				

**Program Fee:** \$30 covers summer and entire 2019-20 school year

Check made payable to THS Athletic Boosters - Weight Room

*Registration, Waiver Form, and Fee must be submitted for any athlete to participate in the program*

**On-Line Registration and Payment Available at: [www.titansportscamps.com](http://www.titansportscamps.com)**

**Participant Name:** \_\_\_\_\_ **Home Phone:** (\_\_\_\_) \_\_\_\_\_ **Day Phone:** (\_\_\_\_) \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Phone:** (\_\_\_\_) \_\_\_\_\_

**Medical Insurance Co:** \_\_\_\_\_ **Policy #:** \_\_\_\_\_

**Family Physician:** \_\_\_\_\_ **Physician Phone #:** \_\_\_\_\_

Recognizing the possibility of physical injury associated with the annual Tuscarora High School Strength & Fitness program, I hereby release, discharge, and /or otherwise indemnify Tuscarora High School, its administration, coaching staff, affiliates, and associated personnel, against any claim made by or on behalf of the participant listed above as a result of this persons participation in this program. I certify that the participant listed above is in sound physical condition and capable of participating in strength training & fitness activities, and that there are no medical conditions that would prevent her participation or be affected or influenced by the above named player's participation in strength training and fitness activities conducted by the Tuscarora High School coaching staff. In case of emergency, I authorize treatment to be given by my family physician or the nearest hospital's emergency departments. The participating Tuscarora coaching staff members have my permission to act on my behalf in accordance with their best judgment in any emergency requiring medical attention.

**Parent / Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_