

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 6TH, 7TH, 8TH 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