

Linn-Mar Athletic Enhancement Program

Students entering grades 9-12 in 2019-2020



LMHS hires in professionals from Performance Therapies to manage our strength program. We work to offer multiple opportunities for kids in the summer, and before and after school opportunities during the school year.

When students are “out-of-season” we want them to lift 3 times a week. When students are “in-season” their teams will have 2 times a week for them to lift. The Performance Therapies group manages all of these weight programs and daily sessions for us.

We are asking that each student pay \$75 for year long strength training sessions at the high school. After using this company for 2 years we have seen great athletic growth in kids who have committed to this program! The fee we charge to students is our estimate of the cost we will incur for managing the strength program. Any additional funds remain with the strength training program for maintaining/upgrading equipment.

Your fee covers all summer strength opportunities and, during the 2019-2020 school year, this payment will cover out-of-season strength sessions (before and after school), as well as in-season strength sessions with your team.

If you are interested in a scholarship, based on need, for this program please contact:

David Brown – Athletic Director
dbrown@linnmar.k12.ia.us
447-3061

**Make Checks Payable to Linn-Mar High School and drop off at the first day of training
or you can bring by the Cashier Office (you can also pay by card with Cashier)**

Students Name _____ Grade in 19-20 ____

Emergency Contact _____ Phone _____

I understand that personal medical insurance coverage for this program is the obligation of each participant. I hereby authorize the instructors of the Linn-Mar Strength Program to act according to their best judgment and provide medical attention to my son/daughter or ward in the event of injury/illness.

Legal Guardian's Signature _____ Date _____

***** If you are entering 9-12th grade and have signed up to attend summer football camp with Linn-Mar you do not need to make a separate payment to the LMHS Strength program as Coach James will be paying your \$75 out of the fee you pay for summer camp**

Our summer strength opportunities will begin on June 10th and go through July 26th. We will lift Monday, Tuesday and Thursdays using the time schedule below. We do want students to try and attend 3 workouts every week but this is not a requirement.

Below is a list of times where our coaches “suggest” you try and come to be with your specific team. Athletes are able to attend any session they want to if the “suggested” time does not work. The “suggested” time is only to help kids select a time if they want to be with their teammates.

WE DO ENCOURAGE ALL KIDS TO COME TO SPEED/AGILITY AT 1:15!!

If your team is not listed then you can pick any time that works best for your individual schedule.

MONDAY, TUESDAY & THURSDAY

6:15-7:15 am – B-G XC / B-G Track

7:15-8:15 am – V FB

8:15-9:15 am – Poms/Wrestling

9:15-10:15 am – Boys Basketball

10:15-11:15 am – Cheer/9th Football

11:15-12:15 am – Girls Basketball

12:15-1:15 – Volleyball

1:15-2:15 – SPEED/AGILITY ALL

2:15-3:15 – 10th Football

It is important to note that during our strength training program kids are required to use our workout programs. We do not allow kids to come in and do their “own” workout. This is not an “open” weight room session and we do not offer “open” weight room opportunities for students through our athletic enhancement program.