



# ARMSTRONG FALCON POWER

- ✓ Flexibility and Balance
- ✓ Speed and Agility
- ✓ Injury Prevention
- ✓ Team Building
- ✓ Improved Athleticism

For More Information Contact:

**Jack Negen**

[jackson\\_negen@rdale.org](mailto:jackson_negen@rdale.org)

Open to all Armstrong male or female athletes who want to work on strength and athleticism.

**June 8th - July 31st  
Mondays-Thursdays**

**Location: Armstrong Weight Room**

8:00-10:30am    Players entering 10<sup>th</sup>-12<sup>th</sup> grade  
10:30-12:00pm    Players entering 8<sup>th</sup> and 9<sup>th</sup> grade

\*Closed due to MSHSL rules during the week of July 6th – July 10th

**FALCON PRIDE**

## INFORMATION FORM

**Date:** \_\_\_\_\_ **Activity:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**DOB:** \_\_\_\_\_ **Grade for 2014-2015:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**HM #:(    )** \_\_\_\_\_

**Mother/Guardian:** \_\_\_\_\_

**Work #:(    )** \_\_\_\_\_

**Father/Guardian:** \_\_\_\_\_

**Work #:(    )** \_\_\_\_\_

**Non Parent to notify in case of emergency:** \_\_\_\_\_

**Phone Number:(    )** \_\_\_\_\_

**Insurance Co.:** \_\_\_\_\_

**Policy #:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Any Medical Concerns:** \_\_\_\_\_

**Date of last Physical Exam:** \_\_\_\_\_

"I fully understand that my child may be injured in participation in Armstrong Summer Lifting and I hereby release Armstrong High School from any liability now or in the future including, but not limited to, heart attacks, muscle strains, pull or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries, and other illness, soreness, or injury caused, occurring during or after my dependent's participation in this program."

Signature \_\_\_\_\_ Date: \_\_\_\_\_

### Summer Lifting Fees

Please understand that you will not be guaranteed a t-shirt with the correct size if you sign up after May 24<sup>th</sup>.

Please check the box that applies to your payment.

Regular Lunch/ \$100 by May 24th     Regular Lunch/ \$105 after May 24th

Reduced Lunch/ \$60 by May 24th     Reduced Lunch/ \$65 after May 24th

Free Lunch/ \$40 by May 24th     Free Lunch/ \$45 after May 24th

**Make checks payable to Armstrong TD Club and return to the Activities Office.**