

SEAMAN

STRENGTH/CONDITIONING



SUMMER 2008

Seaman High School will again be offering a strength and conditioning program for all 9th, 10th, 11th, and 12th graders. The program will begin on June 2 and conclude on July 25th. Three sessions will be offered. Advanced Powerlifting – 6:00 A.M. to 8:00 A.M., Intermediate Powerlifting – 8:00 A.M. to 10:00 A.M., and Basic Strength and Conditioning- 8:30 A.M. to 10:00 A.M. Each session will meet Monday through Thursday. The cost of this program is \$45.00. This fee includes a t-shirt.

Session I: Advanced Powerlifting (6:00 A.M. - 8:00 A.M.)

This session is designed for the experienced lifter. Only those 10th, 11th, and 12th grade athletes coached and trained in proper technique are eligible. This session will be intense and demanding. The strength/conditioning coaches will have the option to move athletes to the second session if dedication, technique, or effort is determined to be inadequate. This session will start promptly at 6:00 A.M. Monday through Thursday.

Session II: Intermediate Powerlifting (8:00 A.M. – 10:00 A.M.)

This session is designed for the lifters not meeting the criteria for Session I. Emphasis will be placed on powerlifting techniques to enhance core strength, explosiveness, and muscle mass. This session will be intense and demanding. Session II is open to all 9th, 10th, 11th, and 12th graders with some powerlifting experience. The strength and conditioning coaches will have the option to move athletes to the third session if dedication, technique, or effort is determined to be inadequate.

Session III: Basic Strength and Conditioning (8:30 A.M. - 10:00 A.M.)

This session is designed for the beginning or advanced lifter interested in increasing strength and agility. Athletes will train with both free weights and machines. Agilities and plyometrics will also be incorporated into the program.

Please complete the attached form and mail it with the fee of \$45.00 by May 9th to:

SEAMAN STRENGTH AND CONDITIONING

Attn: Mike Lincoln or Blake Pierce

Seaman High School

4850 N.W. Rochester Rd

Topeka, Kansas 66617

If you have any questions, please contact Coach Lincoln or Coach Pierce at the high school, 286-8300 or by email at milcoln@usd345.com or bpierce@usd345.com.

SEAMAN

STRENGTH/CONDITIONING



Summer 2008

ENROLLMENT FORM

Name _____ Grade _____ (2008-2009)

Address _____ Zip _____

Phone Number _____

Emergency Contact _____ Number _____

Select below the session you will attend:

_____ Session I: Advanced Powerlifting (6:00 A.M. – 8:00 A.M)

_____ Session II: Intermediate Powerlifting (8:00 A.M. – 10:00 A.M.)

_____ Sessiion III: Basic Strength and Conditioning (8:30 A.M. - 10:00 A.M.)

T-shirt Size (circle) S M L XL XXL (Adult Sizes)

Parent/Guardian Signature _____ date _____

Please make checks payable to Seaman Strength and Conditioning- \$45.00