



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Sports Performance Training

Open to boys and girls entering 5th – 12th grade

June 10th-July 19th

Monday – Wednesday - Friday

Pretest – June 5th, 2019

Posttest – July 24th, 2019

5th-12th grade athletes throughout the Avera/YMCA region can improve their agility, footwork and strength in this traditional, small group program.

This program will be held at the YMCA and led by Avera Sports Trainers.

For more information contact Avera at 605-224-3162. Register at the YMCA.



Cost:
YMCA Member - \$150
Non-Member - \$175

Participant's Name: _____ Grade: _____ Age: _____

Gender: M F

- Session: **5th-8th grade**— Circle one: 8:15-9:30am 11:15am-12:30pm
- 9th-12th grade**— Circle one: 6:45-8:00am 9:45-11:00am

Serious Health Problems: No Yes

Explain: _____

Parent/Guardian Name

Address: _____ City: _____ State: _____

Zip: _____

Email: _____

Phone: _____

The Pierre and Stanley County School Districts neither endorse nor sponsor this organization or the activity represented in this document. The distribution of this material is provided as a community service.

I hereby give permission for my child to participate in the Avera Sports Training Program at the Oahe Family YMCA and certify that he/she is physically fit for this activity. I hereby expressly release, discharge and hold harmless from any liability whatsoever Avera and the YMCA, the various branches and subdivisions thereof, and all employees and volunteers in their capacities as representatives of Avera and the YMCA, expressly including, but not limited to, the Board of Trustees of Avera and the YMCA, except for injuries caused intentionally, or by willful misconduct. I grant Avera and the YMCA the right and authority to photograph, film, or record vocally me or my child. These records may be used for promotional or publicity purposes. I certify that I am familiar with the contents of this release, that I have read and understand the same, and that it is my intention by signing this release that the same be binding not only on me, by my heirs, administrators, executors, successors, and assigns.

Parent/Guardian Signature Required

Date