



**Jasper Middle School Physical Conditioning & Weight Training
2019**



Program Title: Middle School Physical Conditioning & Weight Training

Instructor: Matt Pryor (assisted by Ben Mundy, Paul Nichter, and Gavin Lichlyter)

Program Description: Middle school students will be instructed in proper weightlifting techniques. Total fitness concepts of strength, flexibility, speed, agility, and cardiovascular endurance, will be emphasized.

Intended Audience: Incoming 6th, 7th, and 8th grade students (GJCS)

Date: May 28th, 29th, 30th, 31st; June 3rd, 4th, 5th, 6th; June 10th, 11th, 12th, 13th

Time: 8:00am – 10:00am

Location: JMS

Cost Per Student: \$50.00 ***(Checks Payable to: Jasper Middle School Physical Conditioning)***

Minimum Number of Students: 40

Maximum Number of Students: 140

G.J.C.S. Summer Program Registration Form

Name(student) _____ Parent Cell Phone _____

Address _____ Zip Code _____

Custodial Parent or Guardian

Name

(Print) _____ Signature _____ Date _____

Student's Grade level in ***August, 2019...*** 6 7 8 (circle one)

Return forms to Mr. Pryor, Room 810, JMS or *mail to Matt Pryor -597 N. Savannah Dr., Jasper, IN 47546*

-Please cut and return this form and payment to Matt Pryor as soon as possible, this class fills up fast!-