

Benefits From This Class.

- Increased strength.
- Increased speed and agility.
- Earn a 1/4 credit
- Waterford Strength and Speed T-Shirt
- Basic to advanced knowledge in weight training and speed development.

To be the best you must work harder than the rest.

This class will be offered for all students enrolled into Waterford Union High School for the fall of 2019. The class consists of four segments; warm-up, weight training, speed training, and a cool down. Classes meet Monday through Thursday. **No Friday classes.** **The students are required to be at 15 of the 19 classes to get the 1/4 credit.**

List of supplies for this class.

- Running Shoes
- Water bottle
- T-shirt and Shorts
- Great work ethic to be the best you can be.



If you have any questions please call Mr. Stoltz, at 262-534-3189 EXT 7371 or email me. cstoltz@waterforduhs.k12.wi.us

Please fill out this portion and return only this portion to Waterford High School with your class fee.

Name: _____

Address: _____

Parent Phone: _____

Parent Signature: _____

\$20.00 Course Fee _____

T-Shirt Size: _____ Adult sizes only

Grade your student will be in this fall.

9 10 11 12

*please choose only one time session.
* We ask that most incoming freshman take the 9:30 session if it works in your schedule.

7:30 AM—9:30 AM _____

9:30 AM—11:30 AM _____

Please return this portion of the registration flyer only. Please keep the rest of this flyer at home for reference.

-Please return your information and course fee to Waterford High School no later than May 31st 2019 to Mr. Stoltz. The class has always filled up very quickly, so get your form back as soon as possible. **We will fill all classes on a first come first serve basis, to the first 120 students.**

-Classes will meet **Monday through Thursday.**

-Students must attend 15 of the 19 classes in order to receive the 1/4 credit.

- **You will only receive a phone call if there is a conflict with registration, so plan on attending the class you signed up for.**

-No class Thursday July 4th.
-Make up classes will be run on July 22nd and 23rd from 8-10 AM.

**THE HARDER YOU
WORK THE MORE
YOU WILL ACHIEVE.**

Waterford High School Strength And Speed Class



Starting
June 17th through
July 18th 2019
Mon. - Thur. only