



LEE'S SUMMIT WEST BOYS TITAN 2017 SUMMER STRENGTH AND CONDITIONING

MAY 31 THROUGH JULY 21 GRADES 9-12

JUNE 12 THROUGH JULY 21 GRADES 7-8

Monday, Wednesday, Friday

At LSWHS WAC Building

During our 9-12 July football camp players will lift after practice.

MONDAY, WEDNESDAY, FRIDAY

<u>Grades 11-12</u> 1 st group 6:00am 2 nd Group 7:00am <u>Grades 9-10</u> 8:00 am Non-Football Athletes lift at 8:00am	<u>Grades 7-8</u> 9:00-10:30AM Open to all Summit Lakes Middle School Athletes
Groups will be assigned prior to May 31. Walk-ups welcome.	Start Date for 7 th & 8 th Grade is June 12 Walk-ups welcome!

A PHYSICAL EXAM IS REQUIRED DATED AFTER 02/01/2017
THE EMPHASIS OF THIS PROGRAM IS TO IMPROVE ATHLETIC
STRENGTH, ENDURANCE, SPEED, AND AGILITY.

The weight room will be closed July 3rd thru July 9th.

MAIL REGISTRATION FORM AND FEE TO Vince Careswell AT LSW
Drop off your PHYSICAL TO MONTE SEABAUGH AT LSW, Athletic Office 7AM-3PM

REGISTRATION & FEES

Lee's Summit West High School
2600 SW Ward Rd
Lee's Summit, MO 64082
ATTN: Vince Careswell
Email: Vincent.careswell@lsr7.net

PHYSICAL

Lee's Summit West High School
2600 SW Ward Rd
Lee's Summit, MO 64082
ATTN: Monte Seabaugh
Email: monte.seabaugh@lsr7.net

TITAN SUMMER CONDITIONING REGISTRATION FORM

COST \$100 for 9-12 grade \$75 for 7-8 grade

NAME _____

PARENT _____

PHONE # _____ PARENT PHONE # _____

2017/2018 YEAR IN SCHOOL: 7 8 9 10 11 12 SPORT _____

*****PLEASE MAKE ALL CHECKS PAYABLE TO LS WEST H.S. *****