

# Summer 2018

## WATERTOWN STRENGTH AND SPEED PROGRAM

\*\*\* Registration for classes should be completed online at the WUSD website on Skyward. There is no fee to participate in the summer strength and speed program this year. However, every participant will still need to turn in a signed liability form before he or she can participate in the class. Forms can either be turned in directly to Lincoln School or they can be turned to the office that the student is attending.

### HIGH SCHOOL SESSIONS (Only for students entering grades 9-12) June 11 – July 19 (6 weeks)

SESSION 0  
6:00 a.m. – 7:30 a.m.

SESSION 1  
7:30 a.m. – 9:00 a.m.

### MIDDLE SCHOOL SESSION (Only for students entering grades 7 & 8) June 19 - July 19 (5 weeks)

SESSION 2  
9:10 a.m. – 10:10 a.m.

SESSION 3  
10:15 a.m. – 11:15 a.m.

All sessions are held at the Watertown High School Fitness Center and the Watertown High School track.

### *Watertown Strength & Speed Staff ~ Coaches from Watertown High School*

**Benji Kamrath**  
Head Football

**Andy Cashin**  
Head Baseball  
Assistant Football

**Matt Meracle**  
Assistant Softball

**Jennifer Cashin**  
HS Phy. Ed. Teacher

### PROGRAM GOALS

The Watertown High School Summer Strength and Speed Program offer students the opportunity to become better athletes through a sound workout program of both weight and speed training. Students who participate in this program will be better prepared to have success in their respective sports. The three goals of the program are:

- To give each athlete a greater chance to reach his/her potential.
- To help increase each athlete's self-confidence and self-esteem.
- To offer an opportunity for athletes to compete and work hard every day they attend a workout session.

### PROGRAM ORGANIZATION

Each session will be divided equally between strength training and speed/agility work. Emphasis will be placed on improving overall body strength, speed, agility and flexibility.

### QUESTIONS?

Please contact Benji Kamrath at [kamrathb@watertown.k12.wi.us](mailto:kamrathb@watertown.k12.wi.us) or Jaime Caudle at (920)262-1485



**WATERTOWN UNIFIED SCHOOL DISTRICT**

Watertown, Wisconsin

This form must be on file to ensure your son/daughter is allowed to participate in this activity.

**LIABILITY WAIVER**

Permission is hereby granted for: \_\_\_\_\_  
Name of student

to participate in **Summer School 2018 STRENGTH & SPEED**

as sponsored by **Watertown Unified School District**

during the weeks of **June 11 through July 19, 2018 (entering 9<sup>th</sup> through 12<sup>th</sup> Grade)**  
**weeks of June 19 through July 19, 2018 (entering 7<sup>th</sup> and 8<sup>th</sup> Grade)**

It is understood that the students and parents will not hold the school district or its employees liable in case of student accident or injury while in participation. The supervisors will exercise all reasonable caution to protect your son or daughter from injury.

Permission is also granted to take the student named above to a doctor and/or hospital if there is a need for emergency medical attention.

In order to better serve the needs of each member of the event, chaperones should be informed of any physical/medical restriction, allergies, conditions, etc., that could affect the student at the time of the event. Such information should be attached to this form and will remain confidential with the chaperones at the request of the parents.

Inasmuch as this event is an extension of school, school policies and regulations (which are published annually) will be observed at all times by the undersigned. If the student does violate the above policies, he/she will be sent home at the expense of the parent/guardian. The parent/guardian will be notified of the incident and travel arrangements will be made by telephone.

**Signed waiver must be submitted before student will be allowed to participate!**

\_\_\_\_\_  
(Student Signature) (Date)

\_\_\_\_\_  
(Parent/Guardian Signature) (Date)

Name and number of emergency contact:

Name \_\_\_\_\_

Phone \_\_\_\_\_

Relationship to student \_\_\_\_\_