

# Sports Advantage – June 2023

Personalized training to help you become a better athlete

## Key Components

- Speed                      - Agility                      - Strength                      - Flexibility

### Including:

- Cardio Training - Plyometric Training - Weight Training (age appropriate)

### **Horizon Middle School**

June 5<sup>th</sup> – June 29<sup>th</sup> – One hour training sessions –

Open to incoming 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup>

Monday – Thursday

9:00, 10:00, 11:00, 12:00

**\$110 per athlete**

**Spots will be limited per session**

**First come/First serve**

Questions: email [derrick\\_leithold@bismarckschools.org](mailto:derrick_leithold@bismarckschools.org) or call/text 701-426-8398

Payable in cash/check/venmo to:

Venmo payments: @Derrick-Leithold

**NO Refunds after May 15<sup>th</sup>**

Checks made out to: Derrick Leithold

634 Parker Ranch Road

Bismarck, ND 58503

Athlete \_\_\_\_\_ Grade (Fall 2023) \_\_\_\_\_

Time Preference: 9:00 \_\_\_\_\_ 10:00 \_\_\_\_\_ 11:00 \_\_\_\_\_ 12:00 \_\_\_\_\_

T-Shirt Size: Youth \_\_\_\_\_ Adult \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

(Please print email address legibly)

Parent/Guardian \_\_\_\_\_

Cell Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Emergency Contact Person

\_\_\_\_\_ # \_\_\_\_\_

I CERTIFY that my child/participant is physically able to participate in all training activities. I understand that there are certain risks of injury inherent with training and I am willing to assume these risks on behalf of my child/ward. Bismarck Public Schools and Derrick Leithold assume no responsibility for accidents, injuries or illness. The Bismarck Public Schools district and coaching staff are not responsible for any medical expense that may incur due to participation. ND Dept of Health guidelines will be followed in terms of class size, social distancing, and sterilization. I agree to all of the conditions stated above.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_