

The Trojan Power Program
Middle School

Wayzata Trojans



“Lift Strong”

TRAIN HARDER
TRAIN SMARTER

June 15, 2009 through August 6, 2009
Monday thru Thursday

REGISTRATION FORM - 2009 SUMMER “TROJAN POWER PROGRAM”

Register online at www.wayzata.k12.mn.us/whs/athletics Click on Trojan Power

Name _____ Grade Entering in Fall '09 _____ Phone _____

Address _____ City _____ Zip _____

_____ I will train at Central Middle School from 10:00am - 12:00pm.

_____ I will train at West Middle School from 10:00am - 12:00pm.

Cost is \$135.00. Make checks payable to WHS. Checks and registration should be returned to the WHS Activities Office.

4955 Peony Lane Plymouth, MN 55446

RELEASE OF CLAIMS AND INDEMNIFICATION

As parent (legal guardian) of _____, I hereby consent to his/her participation in the Trojan Power program. I agree that in consideration of the program allowing my child and/or legal ward's participation in this activity, under the terms set forth herein, I, for myself and on behalf of my child and/or legal ward, heirs, administrators, personal representatives or assigns, do agree to HOLD HARMLESS, RELEASE AND DISCHARGE the program, its agents, employees, officers, directors, representative, assigns, members, affiliated organizations, insurers, and others acting on its behalf (hereinafter collectively referred to as "Associates"), of and from all claims, demands, causes of action and legal liability, whether the same be known or unknown, anticipated or unanticipated, due to the program's and/or its Associates' ordinary negligence; and I do further agree that except in the event of the program's gross negligence and wilful and wanton misconduct, I shall not bring any claims, demands, legal actions and causes of action, against the program and/or its Associates, for any economic and non-economic losses due to bodily injury, death, property damage sustained by me and/or my minor child and/or legal ward in relation to his or her participation in the program.

Signed: _____ Date: _____

Relationship: _____

Philosophy

The philosophy of the Trojan Power Strength and Conditioning Program is to maximize the athletic potential of each athlete. Through proper technique and demonstration, the athletes will be able to excel in a safe, supervised environment. We believe that each athlete needs a foundation in muscular endurance before 'jumping in' to heavy weights and compromising correct form. By using periodization training, teaching proper technique and overseeing the athletes, the "Trojan Power Program" gives our student athletes an advantage in developing their potential.

Mission Statement

Our goal is to develop each student-athlete in a comprehensive, year-round, strength and conditioning program, in order to help him/her reach their greatest potential mentally and physically. Wayzata's state of the art facilities allow the best specialized instruction available. All areas of the "Trojan Power Program" are within MSHSL guidelines.

Why train at Wayzata?

The Trojan Power Program provides you and your peers with an excellent opportunity to train with teammates in a sport/activity specific program. The Trojan Power staff ensures proper technique and instruction in all phases of training. How hard you work will be determined by how hard you and your teammates wish to go!

General Information

Cost is \$135.00

and includes Trojan Power T-Shirt

Checks should be made payable to WHS or register online.

Please call 763-745-6840 for more information or email: ryan.johnson@wayzata.k12.mn.us

The "Trojan Power Program" will begin on Monday June 15, 2009 and continue through August 6, 2009

PHYSICAL SKILLS DEVELOPED

Research has proven that balance and coordination are developed between the ages of 10 and 13. The Trojan Power Middle School program will focus on:

- Coordination
- Flexibility and Mobility
- Stability and Strength
- Reactive Abilities
- Endurance
- Power

OPEN TO EVERYONE

You do not need to be a competitive athlete to benefit from the Trojan Power Middle School Program. Our goal is to provide physical education to Wayzata School District students that wish to reward their body with exercise this summer!

HOW DO I REGISTER?

You can register online at www.wayzata.k12.mn.us/whs click on TROJAN POWER or you can return this completed form, along with a fee payment of \$135.00, to the Wayzata High School Activities Office.

REGISTER ONLINE!

You can register online. Just go to the Wayzata Athletic website, www.wayzata.k12.mn.us/whs/athletics and click on TROJAN POWER

Highlights of the Trojan Power Program

- Instruction - top instruction by phenomenal Wayzata High School staff as well as Wayzata High School graduates participating in Collegiate Athletics.
- Facilities - best in the state.
- Cost - \$135.00 is a fraction of the cost of corporate training centers.
- Team Training - come together as a team and start living the Dream.
- Fridays off - Train Monday thru Thursday

Related Items

Sessions are created and arranged with "Safety First". It is important to train during a session that is best for your level of conditioning.

Training begins June 15 and ends August 6 (Monday - Thursday).

Contact Ryan Johnson with ANY questions at 763.745.6840 or ryan.johnson@wayzata.k12.mn.us

Trojan Power Program is only open to those students attending Wayzata Public Schools. Individuals who are not attending Wayzata Public Schools, but continue to register, may forfeit their fee.

All funds generated by the Trojan Power Program are returned to the program.