

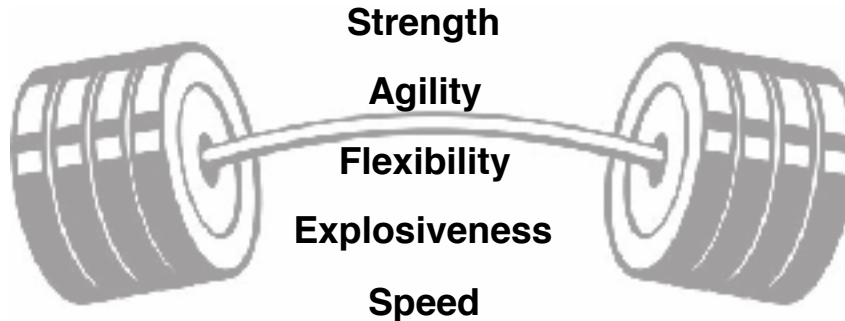


YMS

SUMMER STRENGTH & CONDITIONING CAMP



@YMSLiftingClub



Available to all incoming 7th & 8th Grade Student Athletes!

Summer Session:

June 4th – August 10th
and shorts

Each Student Athlete will receive a lifting T- shirt

Closed during the Week of 4th of July.

Cost: \$80 per athlete for entire summer

Monday, Wednesday, and Friday:

Girls session: 7-9AM

Boys session: 8:30-10:30AM

CC session: 8:30-9:30AM

@Yorkville Academy Weight Room

702 Game Farm Rd, Yorkville, IL 60560

Drop off athlete on the North side of the
tennis courts at the YHSA weight room



Any questions, please contact Coach Diaz at: rdiaz@y115.org

**YORKVILLE MIDDLE SCHOOL
ACTIVITY CONSENT FORM**

As the parent/guardian of _____, I hereby grant my child to participate in the Yorkville Middle School Strength and Conditioning program. I also acknowledge that my child is physically able to participate in the camp activities. I realize that insurance is not provided, and therefore, I will assume all risk of injury and I agree that Yorkville Middle School, and its directors and staff members shall not be liable for any accidents incurred at the camp by my child.

STUDENT ATHLETE SIGNATURE

DATE

PARENT/GUARDIAN SIGNATURE

PARENT/GUARDIAN PHONE #

EMERGENCY CONTACT NAME

EMERGENCY CONTACT PHONE #

Circle Size for each:

Shorts: S M L XL

Shirt: S M L XL

Circle which session you will be attending: GIRLS BOYS CROSS COUNTRY

Please complete and return this waiver consent form and payment to the YMS main office before the end of school year. Make checks payable to Yorkville Middle School.

Go Foxes!!