



I-W Summer Strength & Conditioning Program Registration Form

Hosted by Coach Strang

Grades 6-12

Dear Students and Parents,

I am thrilled to invite you to our **Summer Strength and Conditioning Program** this year! Whether you're an experienced athlete or just looking to stay active and build strength over the summer, this program is tailored to help you grow, improve, and have fun. I aim to inspire excellence, teamwork, and a positive mindset while laying the foundation for successful seasons for the upcoming school year, both on and off the field.

This program is a fantastic opportunity to build strength, condition your body, and achieve personal fitness goals in a supportive and energetic environment. Join us for an exciting summer of hard work, determination, and growth!

Program Details

- **Who:** Students entering **Grades 6-12**
- **When:**
 - **June 2- June 26** (Monday-Thursday, 6:30 AM - 9:30 AM)
 - **Break: June 30- July 7**
 - **Resumes: July 8- July 31** (Monday-Thursday, 6:30 AM - 9:30 AM)
- **Where:** Irene-Wakonda School District Irene Weight Room
- **Cost:** \$75 per student

What You Can Expect:

- A fun and engaging atmosphere!
- Strength and conditioning drills are designed to build power, speed, endurance, and flexibility.
- Guided coaching and individual attention to improve form and technique.
- Team-building activities to encourage camaraderie and support.

What to Bring:

- Athletic clothing and shoes.
- Water bottle.
- Positive attitude and a willingness to work hard!



Student Information (if multiple students, list all)

- Name of Student(s): _____
- Grade as of Fall 2025: _____
- Parent/Guardian Name(s): _____
- Phone Number: _____
- Email Address: _____

Waiver & Acknowledgment

By signing below, I acknowledge that participation in the Summer Strength & Conditioning Program involves physical activity that may result in possible injury. I authorize my child to participate and agree to hold Coach Strang, Irene-Wakonda, and participating staff harmless for any injury or accident. I also confirm that my child is physically fit to participate.

Parent/Guardian Signature: _____ Date: _____

Student Signature(s): _____ Date: _____

Payment Information

- **Fee:** \$75 per student
- Please submit payment by June 2. If you need assistance with payment, please contact Coach Strang.

Questions?

Feel free to contact me, Coach Strang, anytime with questions!

- **SportsYou Code:** 5AELFZXW
- **Email:** james.strang@k12.sd.us

THE GAME NEXT YEAR IS WON RIGHT HERE!