

2021 Goddard Speed and Strength

The annual Summer Speed and Strength Program at Goddard High is designed to meet the needs of ALL youth athletes competing in ALL sports. The program is designed to enhance speed, strength, endurance, and agility while our athletes have FUN and WORK HARD! We teach introductory free weights, organized circuit training, conditioning activities, speed and agility improvement drills, body weight strength training, and team building games. Our schedule this year has been moved to the end of the summer to allow students to participate in the summer learning opportunities offered by the district.

JULY 5th - JULY 29th

9:00 - 10:30am Daily, Monday - Thursday Weekly

3rd Grade - 8th Grade, Male and Female Youth Athletes

4 Week Training Program (16 workouts) + T-shirt = \$70

RETURN THIS REGISTRATION FORM AND \$70 PAYMENT TO:

- **Tommy Beason** by mail at: **5602 W. Franklin Street, Wichita, KS 67212**
- Walk-Up Registration available July 5th & 6th, 8:30 - 9:00a
- Payment reductions are available for families with multiple participants or scheduled absences due to vacations, etc. For information call Coach Beason at 316-250-3880



Make checks payable to "Goddard Speed and Strength"

Student: _____ **Grade:** _____ **School:** _____

Address: _____ **City:** _____ **Zip:** _____

1) Parent Name: _____ **Parent Cell:** _____

2) Parent Name: _____ **Parent Cell:** _____

| | | | | |
|---------------|----------------------|---------------------|--------------------|--------------------------|
| Circle | T-Shirt Size: | Youth Medium | Youth Large | Youth Extra Large |
| | Adult Small | Adult Medium | Adult Large | Adult Extra Large |

☐ I have enclosed payment of \$70 to participate in Goddard Speed and Strength

☐ I have more than one child in the program and will pay \$10 less for each child

Parent Signature: _____ **Date:** _____

USD 265 Liability Release

Despite the use of school district facilities, this opportunity is sponsored and managed fully by Tommy Beason and the Goddard Summer Speed and Strength Program and not by USD 265 in Goddard, Kansas. I acknowledge that despite the use of Goddard School District facilities, the district is not sponsoring or managing this camp and I release USD 265 and its employees from any and all liability in case of injury during the event. Each participant of this camp participates freely and willingly assuming all risk inherent to the activities.