SIGN-UP INFORMATION

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Session: \_\_\_\_\_\_\_\_\_\_\_\_ 2020-21 GRADE:\_\_\_\_\_\_\_\_\_\_\_

Mother’s Work/Cell Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Father’s Work/Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Name & Number:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance Co: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Policy #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**DISCLAMER**

**M**y child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Has my permission to participate in the Jr. Iron Duke Speed & Agility program. I understand that my child will participate in activities that may involve physical contact with the ground and/or other people. I hereby release the instructors, program from any and all claims and/or financial responsibilities that my child may sustain at or traveling to and/or from the Jr. Iron Duke Speed & Agility program.

**I**n the event of an Emergency in which my child requires medical attention, I authorize the staff to act for me and to obtain whatever medical treatment the staff necessary. I further agree to be responsible for any medical and/or other charges in conjunction with his/her participation at the Jr. Iron Duke Speed & Agility program.

**I**f your child has any restrictions, physical limitations or impairments of which we need to be advised of please list them below.

Parent/Guardian’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 *Wellington Youth Football & Cheerleading*

Jr. Iron Duke

Speed & Agility

**June 2nd – August 1st**

Session 1: 3rd thru 6th Male/Female Athletes

Tuesday/Thursday 4:30-6:00 PM

Session 2: 3rd thru 6th Male/Female Athletes

Tuesday/Thursday 6:00-7:30 PM



**What is the JR IRON DUKE Speed & Agility Program?**

The Jr Iron Duke Speed & Agility program is a speed development program sponsored by the Youth Football Staff. This program is designed to increase your speed, strength, agility, and flexibility. It involves form running, agility, plyometric, aerobics, and flexibility training. Your athlete can and should expect improvement in each of these areas and in overall conditioning.

**When is the program?**

It will start June 2nd and run through August 1st.

There will be no sessions during June 29th-July 6th

**Who can attend?**

Any athlete, male or female, 3rd grade and up to 6th grade who wants to improve their physical abilities through hard work and dedication while having fun may attend.

**Where is the program held?**

At Worden Park Football fields

**What is the COST?**

1 Session (Tuesday & Thursday) -$10

Private Lesson -$15

Discount Price for 8 sessions -$70

If Paid in full or 2 payments of $35

Grade is based on 2020-2021 School Year

**What Now?**

Make the decision to enroll your athlete today!

1. Make checks payable to:

 Zander Vargas

2. Attach check to the sign up information sheet. Please send information in before the beginning of camp if possible. Walk-ups are welcomed!

3. Send money and information sheet to the following address:

 Zander Vargas

 1018 W. 20th St

 Wellington, KS 67152

If you have any questions feel free to contact Zander Vargas or Lonnie Vargas.

Contact Information:

Zander Vargas phone 620-440-7474 / Email address: zander.vargas2@gmail.com

Lonnie Vargas phone 316-640-5488 / Email address: p-hvargas@live.com