***2018 MILLERETTE SUMMER PRIDE***

Millerette Summer Pride is a highly organized, high intensity summer conditioning program sponsored by Yukon High School. It is designed to help increase your student-athletes speed, strength, conditioning, agility, and flexibility. It is a proven fact that athletes who participate in such a program have less chance of injury as well as perform at a higher level during competition. The program uses a variety of training methods including: weight training/ speed/ training/ form-running / core/ plyometrics / agility / flexibility / etc.. Student athletes who participate and work hard in the program can expect improvement in her strength, flexibilty, agility, speed, cardiovascular fitness, core, and anaerobic conditioning. The program will be held at the YHS weight room at 1777 S. Yukon Parkway. It begins June 18th and ends July 26th. The cost will be $75 for the entire 6-week program. Athletes need to wear gym shorts / t-shirt / socks / tennis shoes. **To start each session we will meet in the gym at the high school.**

**PRIDE TIMES: 8:00-9:30 AM @YHS**

**AGE: 7TH-12TH GRADE (2018-19)**

***MILLERETTE SUMMER PRIDE REGISTRATION FORM***

My daughter, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, has my permission to participate in the Millerette Summer Pride. A payment of **$75 MADE PAYABLE TO YUKON REBOUND CLUB**, will accompany this information/permission sheet and be turned in to the Millerette coaching staff on the first day of instruction.  If you feel that Millerette Pride would put an undue financial burden on your family, please contact an officer of the Yukon Rebound Club about a scholarship. I specifically waive, give up and release the instructors and school from any liability for any claim or financial responsibility for damages which my daughter may have for injuries and illness that she may sustain during our program.

**IN THE EVENT OF AN EMERGENCY IN WHICH MY DAUGHTER REQUIRES MEDICAL ATTENTION, I AUTHORIZE THE STAFF TO ACT FOR ME.**

ATHLETES NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT OR GUARDIAN SIGNATURE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GRADE IN 2018-19: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMERGENCY PHONE # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*IF YOU HAVE ANY QUESTIONS OR NEED ADDITIONAL INFO, PLEASE CALL Coach Wyckoff (405) 473-2928**

**\*Send the form and check to: Yukon High School, 1777 S. Yukon Parkway, Yukon, OK. 73099**

**ATTN: MILLERETTE SUMMER PRIDE**

**Make checks payable to YUKON REBOUND CLUB.**