

# ELLENDALE HIGH SCHOOL SUMMER ATHLETIC PROGRAM

GRADES 5 - 12 (20-21 SCHOOL YEAR)

- JUNE @ HOME -

\$30 / FAMILY

INCLUDES AVERA STRENGTH & CONDITIONING +  
JEBERLECO YOGA

- JULY @ EHS GYM (IF POSSIBLE)-

\$80 / INDIVIDUAL (WILL PAY @ A LATER DATE)

INCLUDES AVERA STRENGTH & CONDITIONING  
+ JEBERLECO YOGA

## HOW DO I SIGN UP?

1. FILL OUT AVERA & JEBERLECO FORM
2. TURN IN ENTRY FEE FOR JUNE SESSION + FORMS TO EPS (CHECKS MADE TO EPS)
  - A. PAYMENT: MAIL TO PO BOX 400, PAYSCHOOL, DROP OFF AT SCHOOL OFFICE
  - B. FORMS: EMAIL ARADERMACHER@ELLENDALE.K12.ND.US OR DROP OFF AT SCHOOL OFFICE
3. WATCH EMAIL FOR VIRTUAL WORKOUTS FOR JUNE!

## JEBERLECO YOGA DETAILS

JUNE: VIDEOS EMAILED TO HOME  
JULY: WEDNESDAYS @ EHS GYM (IF ALLOWED)

PARENT(S) NAME: \_\_\_\_\_ STUDENT'S NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

GRADE (FALL 2020): \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

PARENTS EMAIL ADDRESS: \_\_\_\_\_

I DO HEREBY WAIVE, RELEASE, AND DISCHARGE JEBERLECO OF ALL RESPONSIBILITIES OR LIABILITY FROM INJURIES OR DAMAGES RESULTING FROM MY CHILD'S PARTICIPATION IN ANY ACTIVITIES. I ALSO HEREBY RELEASE THOSE MENTIONED FROM ANY RESPONSIBILITY OR LIABILITY FOR ANY INJURY OF MY CHILD, INCLUDING THOSE CAUSED BY THE NEGLIGENT ACT OR OTHERS ACTING ON THEIR BEHALF. I HEREBY GIVE MY PERMISSION FOR THE ABOVE MENTIONED TO BE PHOTOGRAPHED/VIDEOTAPED/INTERVIEWED FOR THE PURPOSE OF PUBLICATION AND PROMOTION. I UNDERSTAND THAT PAYMENT IS REQUIRED AT THE TIME OF SERVICE. NO REFUNDS UNLESS SERVICES ARE UNABLE TO BE OFFERED.

# **AVERA HUMAN PERFORMANCE CENTER**

The Avera Human Performance Center is where all individuals can improve their strength and endurance, or recover from injuries. As a fully integrated fitness facility, our programs promote health, wellness and balance throughout a lifetime.

## **Ellendale Summer Strength & Conditioning Camp**

The Avera St. Luke's Human Performance Center invites all 5<sup>th</sup> - 12<sup>th</sup> graders to this year's Strength and Conditioning camp!

The camp will focus on safely developing strength, speed, agility and coordination for all ages and athletes.

*Avera's Best practice guidelines will be followed by our staff to ensure the safety of our athletes and employees!*

### **June at home training packet**

***\*No equipment needed\****

#### **Includes:**

- Strength exercises, Speed drills, and Agility drills
- Video Demonstrations

### **July on-site training program**

***When: Starting July 7th***

**Tuesdays and Thursdays**  
9<sup>th</sup>-12<sup>th</sup> grade 7am - 8am  
5<sup>th</sup>-8<sup>th</sup> grade 8am-8:30 am

***Where:***

**Ellendale High School**

***\*Minimum 20 Athletes Total\****

***Payment + form must be turned in to EPS!***

*Email Zachary.Neer@avera.org for questions about  
Strength/Conditioning Camp!*

### ***Program Liability/Release Waiver***

Parent(s) Name: \_\_\_\_\_ Student's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade (Fall 2020): \_\_\_\_\_

Phone Number: \_\_\_\_\_ Parents Email Address: \_\_\_\_\_

***I do hereby waive, release, and discharge Avera St. Luke's, and the Human Performance Center staff of all responsibilities or liability from injuries or damages resulting from my child's participation in any activities or their use of equipment in the activities mentioned above. I also hereby release those mentioned from any responsibility or liability for any injury of my child, including those caused by the negligent act or others acting on their behalf. I hereby give my permission for the above mentioned to be photographed/videotaped/interviewed for the purpose of publication and promotion. I understand that payment is required at the time of service. No Refunds unless services are unable to be offered.***

Parents Signature \_\_\_\_\_

Date \_\_\_\_\_

For more information,  
contact us at 605-622-5900.

**Avera**   
Human Performance  
Center