2017/2018

ARIS & HMS STRENGTH & CONDITIONING

The HHS Strength & Conditioning staff is pleased to announce the offering of strength & conditioning program for all ARIS & HMS students. The program will be supervised by two certificated Strength & Conditioning coaches, and the student workouts are research–based, and designed to both introduce the novice lifter to strength & conditioning, as well as allowing more advanced lifters to enhance their strength, flexibility and overall conditioning. The program follows the principle of progressive overload to force the body (muscles, bones, tendons, etc.) to adapt in order to be able to produce and/ or resist larger forces. Strength training is not power lifting nor is it bodybuilding or trying to lift the most weight you can. Strength training is a tool that can augment sport performance through improved strength and motor control. Proper technique is taught, re-enforced & required throughout all phases of the program!!! **

WHERE: The 6 week program is held at the HHS Pole Barn weight training facility at the North end of the HHS football field.
WHO: Any student enrolled in grades 5-8 at ARIS or HMS during the upcoming school year.

WHEN:

FALL 2017	WINTER 2017/2018	SPRING 2018	SUMMER 2018
Monday & Thursday	Monday & Thursday	Monday & Thursday	Tuesday & Thursday
4:30-5:30 pm	4:30-5:30 pm	4:30-5:30 pm	9:00 am-10:00 am
9/11 to 10/23	10/26 to 12/14	2/22 to 4/9	6/25 to 8/2
	1/4 to 2/15	4/12 to 5/24	

Registration: Bring a copy of the completed waiver below and$90.00 check made payable to ***Hillsborough Board of Education*** to the first session.

DISCOUNTS:

1) Sibling discount ($65.00 each for a savings of $50.00 for 2 children)

2) Multiple session discounts when paying for all sessions up front (2 sessions $150 for a savings of $30.00 / 3 sessions $220.00 for a savings of $50.00 / 4 sessions $290.00 for a savings of $70.00/ 5 sessions for $360 for a savings of $90.00)

CONTACT INFO: Robert Herman Email: rherman@htps.us

BENEFITS OF YOUTH STRENGTH TRAINING:**

- Improved strength & coordination
- Improved sport performance.
- Reduced risk for sports injury.
- Easy transition to the HS program
- Improved self-image & self-confidence
- Improved bone strength/ bone density.
- Improved flexibility.
- Increased vertical leap
- Increased muscle endurance.
- Improved heath.
- Increased speed & power
- ***ITS FUN!!!***

**(adapted from *STRENGTH TRAINING FOR YOUNG ATHLETES by* S. Riewald, PhD, CSCS, NSCA-CPT & K. Cinea, MS, CSCS, NSCA-CPT NSCA Ed. Dept.)

I/We understand that transportation is not available for this activity and that we are responsible for carpool arrangements or otherwise for our child. I/We will not hold the Hillsborough school district liable for any injuries that may occur as a result of camp related activity. I/We also give permission to any qualified staff member to apply first aid and/or arrange for emergency transportation if needed. Finally, as parent or guardian, I/we do carry proper medical insurance and understand that this is to be used as a primary insurance with Hillsborough Board of Education as a secondary insurance carrier. I/We have read, understand, and agree to this arrangement.

Student Name	School/Age	Sport(s) Played
Signature of Parent/Guardian	Date	Home # or Cell #
Emergency Contact name	Relationship	Phone number