

## Training Camp 2011 Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

Sport(s) \_\_\_\_\_

12 13 14 15 16 Alum  
 Graduation Year (circle one)

S M L XL XXL XXXL

T-shirt Size (circle one) - \*Adult sizes

Participant Cost = \$110  
 Alumni Cost = \$75

Please make checks payable to:  
**Farmington Weightlifting**  
 Registration forms may be turned in to  
 Coach Meier or at the FHS Activities Office

All participants in Training Camp 2011 will receive  
 a free technical T-shirt!

No refunds will be given after **June 23rd**.

Parents, please read and sign:  
 I hereby release ISD #192, Farmington High  
 School, and its representatives from any and  
 all liability of injury or accident due to partici-  
 pation in the summer strength & conditioning  
 program and Training Camp 2011.

Parent or Guardian Signature \_\_\_\_\_

**June 13 - Aug. 4**  
 (Closed The week of July 4-7)

**Monday-Thursday**



### Session #1

Sr., Jr., & Soph:      Frosh & 8th Grade:

7:30: J.A.Q.S.      J.A.Q.S.  
 8:00: Weight Room      Brutal Recess  
 8:30: Brutal Recess      Weight Room

### Session #2

Sr., Jr., & Soph:      Frosh & 8th Grade:

9:00: Weight Room      Brutal Recess  
 9:30: Brutal Recess      Weight Room  
 10:00: J.A.Q.S.      J.A.Q.S.

### Session #3

Sr., Jr., & Soph:      Frosh & 8th Grade:

10:00: J.A.Q.S.      J.A.Q.S.  
 10:30: Weight Room      Brutal Recess  
 11:00: Brutal Recess      Weight Room



**TRAINING  
 CAMP 2011**

**STRONG IS HAPPY**

**June 13 - Aug. 4**

**Farmington  
 Strength &  
 Conditioning**



**DEDICATION STARTS HERE.**

