



2601 East Morgan Avenue/ Milwaukee, WI 53207/ 414-481-8370

www.tmore.org

Summer Strength, Speed, and Agility Program

Dear Parent/Guardian,

This is a free summer training program that provides students here at STM with the opportunity to improve strength, improve speed, improve mobility, improve flexibility, improve agility, and prevent injury in order to prepare for their next up-coming sport season. The program has Certified Strength and Conditioning Specialists on staff that will ensure that a regular and progressive training program is followed. Regular attendance is very important for your child to become a better overall athlete as a result of this program.

To be eligible to participate in this co-curricular program, your child must:

1. Return the Assumption of Risk form (on the back of this letter) signed by a parent or guardian granting permission to participate in the program. (Turn form back into Coach Litscher)
2. Maintain regular attendance. **Regular attendance is very important for your child to become a better overall athlete as a result of this program.**
3. Each student will have a program and must follow the program for safety reasons.

All of the above must be agreed to, completed, and turned in before your child will be allowed to participate in the program.

The Summer Strength, Speed, and Agility Program for our returning students begins on May 31st and ends on August 4th. Returning students will train on the following days and times:

RETURNING FEMALE STUDENTS SOPHOMORES – SENIORS

MONDAYS, TUESDAYS, THURSDAYS: 9:00am – 10:15am

WEDNESDAYS (SPARQ TRAINING – Speed/Plyo/Agility/Reaction/Quickness): 8:30am – 9:45am

RETURNING MALE STUDENTS SOPHOMORES – SENIORS

MONDAYS, TUESDAYS, THURSDAYS: 10:15am – 11:30am

WEDNESDAYS (SPARQ TRAINING – Speed/Plyo/Agility/Reaction/Quickness): 8:30am – 9:45am

*****Note: THERE IS NO TRAINING ON JULY 4TH*****

Students will come and meet in the Strength and Fitness Center at St. Thomas More, and make sure to be on time. Your son or daughter must make arrangements for transportation to and from St. Thomas More.

The program will be supervised and run by Coach Jimmy Litscher and Coach Mike Fricke. If you have any questions, please contact Coach Litscher at the high school via email at: litscherj@tmore.org Contact Coach Fricke at: mfricke@tmore.org

We are working to maximize the athletic potential of STM athletes and athletics.

Coach Litscher, CSCS
Physical Education and Health Teacher
Head Strength and Conditioning Coach

Coach Fricke, MS, NASM
Biology Teacher
Strength and Conditioning Coach

ST. THOMAS MORE HIGH SCHOOL
STRENGTH, SPEED, AND AGILITY PROGRAM
ASSUMPTION OF RISK

STUDENT ATHLETE NAME: _____

GRADE STARTING IN FALL: _____

THE RESPONSIBILITY OF A STRENGTH AND CONDITIONING PROGRAM MUST BE SHARED BY BOTH THE COACH AND STUDENT ATHLETE.

THIS DOCUMENT IS INTENDED TO MAKE MY PARENT/GUARDIAN AND MYSELF AWARE OF MY RESPONSIBILITIES IN PREVENTING POTENTIAL INJURIES OR HARM TO MYSELF AND OTHERS.

- My parent/guardian and I are aware and accept the various risks of injury involved in my participation in a strength and conditioning program.
- I will follow the posted program unless changes have been made specifically for me by the strength and conditioning coach.
- I will ask the instructor to explain and demonstrate all exercises before I perform them.
- I will report all injuries to the instructor before I leave the weight room for the day.

My parent/guardian and I acknowledge that we have read and understand the above statements of assumption of risk.

As his/her parent or guardian I give him/her permission to participate in this program: _____ (Yes or No)

Parent/Guardian Signature: _____

Emergency Contact Person and Phone Number: _____

Please list below any sports/co-curricular activities you plan to participate in during the school year:

PLEASE COMPLETE AND RETURN THIS FORM TO COACH LITSCHER BY MAIL, EMAIL, OR IN PERSON:

Mail:

*Jimmy Litscher: Physical Education/Health Teacher/Head Strength and Conditioning Coach
St. Thomas More High School
2601 East Morgan Avenue
Milwaukee, WI 53207*

Or Scan and email to litscherj@tmore.org