



## ST. THOMAS MORE HIGH SCHOOL

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

[www.tmore.org](http://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 or overall health at St. Thomas More High School. The program has Certified Strength and Conditioning Specialists on staff that will ensure that a regular and progressive training program is followed.

#### To be eligible to participate in this program, your child must:

1. Complete the Assumption of Risk form (on the back of this letter) signed by a parent or guardian granting permission to participate in the program and send it to:

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

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 athlete will have a specific 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 Incoming Freshmen begins June 15<sup>th</sup> and ends on July 29<sup>th</sup>. All incoming freshmen will train on Tuesdays, Wednesdays, and Thursdays from 8:00 a.m. to 9:00 a.m.**

**\*\*\*NOTE: Students and families will be made aware of additional training times for the weeks of August 2<sup>nd</sup> and August 9<sup>th</sup> at a later date. \*\*\***

Students will come and meet in the Strength and Fitness Center at St. Thomas More, and we will begin at 8:00am sharp. Enter through the gym doors and follow the fitness center signs. 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](mailto:litscherj@tmore.org) or by phone at: 414-587-2763

Contact Coach Fricke at: [mfricke@tmore.org](mailto:mfricke@tmore.org)

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

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

Mike 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 SEND THIS FORM BY MAIL OR EMAIL TO:**

*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](mailto:litscherj@tmore.org)