



Anna Summer Strength and Speed Course

Anna will be offering a strength and speed course this summer in preparation for the 2019-2020 athletic seasons. This course will offer a progressive approach to developing speed, agility, strength, flexibility, and power over a six week period for all sports. This course will be run by the Anna coaching staff.

WHERE: Anna HS **GRADES:** 7-12 **DAYS:** Mon-Thurs. **TIMES:** BOYS 8-9:30, GIRLS 9:30-11:00

June 3-6, 10-13, 17-20, 24-27
July 1-3, 8th, 11th, 15-18, 24-26
Off Days: July 4, 9, 10, 22, 23.

COST: \$40.00 per athlete for the summer (\$75 for two athletes, \$100 for three athletes). We want every athlete to be able to attend this course and do not want the cost to keep an athlete from participating.

DEADLINE: JUNE 7TH (AFTER DEADLINE COST WILL BE \$50)

Please send the bottom form with cash/checks payable to **Anna Athletics** to:
Anna High School
Attn: Jason Heath
1107 Rosamond
Anna, Texas 75409

Forms/Money may also be turned in to Coach Gage or Coach Mitch at the JH
Or to Coach Heath or Coach Crosby at the HS

If you have questions or need information, please email Coach Heath at jason.heath@annaisd.org

Athlete Name: _____ Gender: Male / Female (circle one)

Email Address: _____

Grade entering (Circle One): 7 8 9 10 11 12

Phone _____ Alternate Phone _____

I, the undersigned parent or guardian, attest that _____ is to the best of my knowledge, in good physical health; I hereby voluntarily waive any claims against Anna ISD, and the staff for any personal injuries that may occur to _____ for the duration of the Strength and Speed course.

Parent or Guardian Signature: _____