



YMS

## Sports Performance Camp

Mental Skills; Agility; Flexibility;  
Explosiveness; and Speed training



@YMSLiftingCl



ymsfoxes\_strength\_program

Available to all incoming 7<sup>th</sup> & 8<sup>th</sup> grade student-athletes

### Summer Session:

June 3rd – August 2nd, 2019

Closed during the Week of 4<sup>th</sup> of July.

Cost: \$80 per athlete for entire summer

### Monday, Wednesday, and Friday:

Girls session: 8 - 10AM

Boys session: 10 – 12PM

**Special Session:** Mental skills Training: During the Month of June – More details to Come

@Yorkville Middle School Fitness-room

920 Prairie Crossing Dr, Yorkville, IL 60560

Drop off athlete at door 19 on the West-end of the school.

Each Student Athlete will receive a lifting T- shirt!!!



Any questions, please contact Coach Diaz at: [rdiaz@y115.org](mailto:rdiaz@y115.org)

#lovetheprocess #athletecentered #trustyourself

# YORKVILLE MIDDLE SCHOOL ACTIVITY CONSENT FORM

As the parent/guardian of \_\_\_\_\_, I hereby grant my child to participate in the Yorkville Middle School Strength and Conditioning program. I also acknowledge that my child is physically able to participate in the camp activities. I realize that insurance is not provided, and therefore, I will assume all risk of injury, and I agree that Yorkville Middle School, and its directors and staff members shall not be liable for any accidents incurred at the camp by my child.

\_\_\_\_\_  
STUDENT ATHLETE SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

\_\_\_\_\_  
PARENT/GUARDIAN PHONE #

\_\_\_\_\_  
EMERGENCY CONTACT NAME

\_\_\_\_\_  
EMERGENCY CONTACT PHONE #

Circle Size for each:

Shirt:    S    M    L    XL

Circle which session you will be attending:    GIRLS    BOYS

**Please complete and return this waiver consent form and payment to the YMS main office before Friday, May 24. Make checks payable to Yorkville Middle School.**

**Go Foxes!!**

**#lovetheprocess #athletecentered #trustyourself**