



Sheldon Volleyball

SUMMER WEIGHT & CONDITIONING PROGRAM

George Walcott will be running a Volleyball Sport Specific weight training and conditioning program for Sheldon Volleyball this summer. This is a great opportunity to get ready for the upcoming season. George is a highly trained conditioning coach and has offered services to our program for a number of years.

The program will meet Monday, Thursday and Friday in the Sheldon Weight room.

Work out dates;

June 21, 24, 27, 28

July 1, 4, 5, 8, 11, 12, 18, 19, 22, 25, 26

August 5, 8, 9, 12, 16

Time 8:30 a.m. – 10 a.m.

Cost is \$50 per athlete.

Please fill out registration form below and include a check for \$50 to reserve your place.

Checks made out to: Sheldon Volleyball. Mail to 3827 Aerial Way, Eugene OR 97402 by June 10th, 2019 or bring to first session.

For any questions, please contact me.

Martine Wodke
sheldonvolleyball@gmail.com
541-337-2023

Name: _____

Grade: _____

Player email: _____

Player phone: _____

Parent email: _____

Parent phone: _____

I shall agree to indemnify and save harmless the Eugene School District 4j from and against any and all loss, cost (including attorney fees), damages, expense, and liability in connection with claims for damages as a result of injury of any person which arise from the acts or omissions of myself or my minor child(ren) during our participation in Sheldon's Volleyball conditioning sessions.

I further understand that there are certain risks inherent in this activity and that proper training and physical conditioning is necessary. I hereby agree to assume those risks on behalf of my minor child(ren) and to hold harmless the District and it's agents. I have read and understand the above.

(Parent/Guardian - if participant is under 18 yrs. Of age)

Date: _____

By signing this paper I agree that if myself or my child(ren) is injured during this activity and files a claim against the District I would have to pay for any financial loss it had on account of that claim.