



# Sheldon Volleyball

## SUMMER WEIGHT & CONDITIONING PROGRAM

George Walcott and Shelly Iverson 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 and Shelly are highly trained conditioning coaches and have offered services to our program before.

The program begins June 18th, and will be held on Monday, Wednesday, and Friday. Work out dates; June 18, 22, 25, 29, July 2, 6, 9, 13, 16, 20, 30, and August 2, 6, and 10 with George. June 20, 27, July 4, 11, 18, and August 1 and 8 with Shelly. We will meet in the Sheldon Weight Room.

Time 8:30 a.m. – 10 a.m. Monday and Friday's. Wednesday times TBD.

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 13th, 2018 or bring to open gym on June 3rd.

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.