

2019/20 K.I.D.S. WINTER TRAINING PROGRAM

REGISTRATION FEE: Kentwood Students \$10.00

Questions: Kathleen.Johnson@kentwoodps.org

TRAIN WITH THE BIG BIRDS

What: Speed and Agility Training – Come train with the High School Athletes

Who: Middle School Athletes looking to gain an edge in the off-season

*Strongly recommended for any spring athlete.

When: December 3, 2019 – February 20, 2020

Tuesday and Thursday 3:30 pm until 4:30 pm

Where: EKHS – Meet in back hallway, near West Wing Gym of EKHS

**** Will not meet during Holiday Break or anytime school is not in session.**

Transportation for this opportunity will not be provided. Please have your ride arrive at 4:30 pm at Door H. Students not picked up on a timely basis will not be allowed to participate in the future.

CUT AND RETURN BOTTOM PORTION ONLY

**2019/20 K.I.D.S. WINTER TRAINING PROGRAM REGISTRATION FORM
CASH ONLY – TURN INTO COACH AT FIRST SESSION
KENTWOOD STUDENTS \$10.00**

Last Name _____ First Name _____

Male or Female _____ Parent/Guardian Emergency Phone Number _____

Email _____ School _____

Fees are payable with Registration. **CASH ONLY – NO CHECKS ACCEPTED** Registrations must be turned in to the athletic office prior to participation.

SPEED _____

I hereby voluntarily release and hold harmless Kentwood Public Schools from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself, my child and other family members while participating, watching/traveling to or from this activity.

Parent or Guardian
Signature _____

Date _____