



**2019-2020  
ARMSTRONG  
FALCON POWER**

- **Flexibility and Balance**
- **Speed and Agility**
- **Injury Prevention**
- **Team Building**
- **Improved Athleticism**

For More Information Contact:

**Jack Negen**

[jackson\\_negen@rdale.org](mailto:jackson_negen@rdale.org)

Open to **All** Armstrong athlete who wants to work on strength conditioning and athleticism.

**June 10th - July 31st**

**Monday-Thursday**

**Location: Armstrong Weight Room**

8:30-10:00am Players entering 8<sup>th</sup> and 9<sup>th</sup> grade  
10:00- 12:00pm Players entering 10<sup>th</sup>-12<sup>th</sup> grade

\*Closed due to MSHSL rules during the week of July 1st-July 7th

**FALCON PRIDE**

**INFORMATION FORM**

**Date:** \_\_\_\_\_ **Activity** \_\_\_\_\_

**Name:** \_\_\_\_\_

**DOB** \_\_\_\_\_ **2019-2020 Grade Level** \_\_\_\_\_

**Address:** \_\_\_\_\_

**HM#( )** \_\_\_\_\_

**Mother/Guardian:** \_\_\_\_\_

**Work #( )** \_\_\_\_\_

**Father/Guardian:** \_\_\_\_\_

**Work #( )** \_\_\_\_\_

**Non Parent to notify in case of emergency:** \_\_\_\_\_

**Phone Number ( )** \_\_\_\_\_

**Insurance Co.** \_\_\_\_\_

**Policy #** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Any Medical Concerns:** \_\_\_\_\_

**Date of last Physical Exam:** \_\_\_\_\_

"I fully understand that my child may be injured in participation in Armstrong Summer Lifting and I hereby release Armstrong High School from any liability now or in the future including, but not limited to, heart attacks, muscle strains, pull or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries, and other illness, soreness, or injury caused, occurring during or after my dependent's participation in this program"

Signature \_\_\_\_\_ Date: \_\_\_\_\_

**Summer Lifting Fees**

Please understand that you will not be guaranteed a t-shirt with the correct size if you sign up after May 24th.

Please check the box that applies to your payment.

Regular Lunch/ \$120 by May 27th  Regular Lunch/ \$125 after May 27th

Reduced Lunch/ \$80 by May 27th  Reduced Lunch/ \$85 after May 27th

Make Checks payable to Armstrong TD Club and return to the Activities Office.