

Sign Up Information

Name: _____

Address: _____

T Shirt Size: YM YL S M L XL 2X 3X

Home Phone: _____

Session: _____ 2016-2017 Grade To Be In: _____

Mother's Work/Cell Phone: _____

Father's Work/Cell Phone: _____

Emergency Contact Name & Number

Disclaimer

My child, _____

Has my permission to participate in The Buffalo Pride Summer Program. I understand that my child will participate in activities that may involve physical contact with the ground and/or other people. I understand that there is no insurance carried by The Buffalo Summer Program and I hereby release the instructors, program and school system from any and all claims and/or financial responsibilities which my child may sustain at or traveling to and/or from The Buffalo SUMMER PROGRAM.

In the event of an emergency in which my child requires medical attention, I authorize the staff to act for me and to obtain whatever medical treatment the staff deems necessary. I further agree to be responsible for any medical and/or other charges in conjunction with his participation at The Buffalo SUMMER PROGRAM.

If your child has any restrictions, physical limitations or impairments of which we need to be advised of please list them below.

Parent's Signature Date

We encourage your athlete to get a physical before starting physical activity!

BUFFALO PRIDE SUMMER 2016



May 31st - July 21st

GROUP 1- Male Athletes 10th – 12th Grade
TUES / WED / THUR 7:00-9:00am @ HS

GROUP 2- 9th Grade Male Athletes
TUES / WED / THUR 7:00-9:00am @ HS

GROUP 3 - All High School Girl Athletes 9th – 12th Grade
TUES / WED / THUR 9:00-10:00am @ HS

GROUP 4 – 7th & 8th Grade Boys & Girls Athletes
TUES / WED / THUR 10:00-11:15am @ HS

WHAT IS BUFFALO PRIDE?

The Buffalo Pride Summer Program is a weight and speed development program sponsored by the Athletic Staff. This program is designed to increase your speed, strength, agility and flexibility. It has a proven track record that involves weight training, form running, agility, plyometrics, aerobics and flexibility training. Your athlete can and should expect improvement in each of these areas and in overall conditioning.

WHEN IS THE PROGRAM?

The Buffalo Pride program starts May 31st and continues through July 21st. There is no workout scheduled for the week of June 7th thru June 9th and the week of July 5th thru July 7th.

WHO CAN ATTEND?

ANYONE who wants to improve their physical abilities through hard work and dedication while having fun may attend.

All athletes please bring a set of proper lifting shoes, football players need to bring cleats as well. We will be using both turf/grass and gym/weight room areas. Please come properly dressed for a workout.

Parents please drop your athletes off at the designated areas and please pick them up at the proper time. Please drive safely around the school.

We understand that many of you take family vacations and have events throughout the summer. Please communicate this with our coaches. We understand and encourage your athletes to take time with your family throughout the summer.

WHAT IS THE COST ?

High School Athletes 9 -12 – \$25.00

Middle School Athletes - \$25.00.

Checks payable to Student Funds

Each athlete will receive a Buffalo Pride T Shirt. Remaining money will be used for upkeep of weight room equipment.

WHERE IS THE PROGRAM HELD?

At the Garden City High School weight room, gyms, and practice fields.

WHAT NOW?

Make the decision to enroll your athlete today!

1. Make checks payable to: **Student Funds**
2. Attach check to the sign up information sheet on the back of the brochure. Please send information in before the beginning of first day to secure proper T-Shirt size.
3. Send money and information sheet to the following address:

Garden City High School
Attn: Coach Hill
2720 Buffalo Way Blvd.
Garden City, KS 67846

√ If you have questions feel free to contact Coach Hill @
bhill@gckschools.com

Registration forms found on **www.lets gobuffs.com**