

## Consent to Participate

I voluntarily consent my child to participate in Reedsburg Area Medical Center's Summer Conditioning Program. I understand he/she is participating in the Summer Conditioning Program at their own risk, and that not all exercises are suitable for everyone, and that this or any other exercise program may result in injury.

*Potential risks may include:* musculoskeletal injuries, abnormal cardiovascular changes, heat exhaustion, and muscle cramps.

*In addition, the program benefits include:* improved cardiovascular function, increased strength, improved proper jumping and landing techniques, increased overall speed and endurance, and enhanced overall sports performance.

I also understand that I can call RAMC's Physical Therapy Department at 768-6120 and have my questions answered or ask for further information.

Before he/she participates in the exercise program, I will complete the health history form that accompanies this brochure. I fully understand the risk of injuries with these exercises. I hereby release and agree to hold harmless RAMC or any of the employees, physicians, and Board of Directors, from any and all liability or responsibility for any damages or injury suffered by my child during the exercise program sponsored by RAMC.

I also authorize Reedsburg Area Medical Center, its affiliates, agents, or employees and/or attending physician to take photographs/videotapes for usage in publicity and/or public relations.

**Turn in by June 18, 2019 via mail to  
RAMC Rehab Services, 2000 North  
Dewey Avenue, Reedsburg, WI 53959  
OR fax to (608) 524-6196  
OR email: pcarlin@ramchealth.org.**

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

DOB: \_\_\_\_\_ Age: \_\_\_\_\_

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

Parent Cell Phone: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

Doctor: \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_

Sports: \_\_\_\_\_

Previous injuries/joint problems: Yes No Describe: \_\_\_\_\_

Surgeries: Yes No Describe: \_\_\_\_\_

Heart problems: Yes No Describe: \_\_\_\_\_

List medications: \_\_\_\_\_

Asthma: Yes No

Any known health conditions that will affect your participation in the Summer Conditioning Program?  
Yes No

Have you ever been told by a physician NOT to participate in a sports or exercise program? Yes No

If yes, why? \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Participant Signature: \_\_\_\_\_

(Please use additional paper as needed to answer questions completely.)

# Youth Summer Conditioning Program



*Training smarter  
with RAMC's Rehab team.*

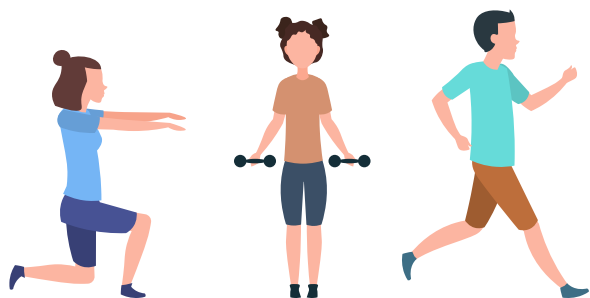
  
**Reedsburg**  
AREA MEDICAL CENTER

## About

- This summer training program is for all kids entering 5th–8th grade.
- Instructors are licensed RAMC physical therapists, physical therapy assistants, athletic trainers, and certified strength & conditioning specialists.
- They will teach you how to train smarter, and avoid injuries.

## Program Goals

- Enhance the athlete's overall sports performance
- Promote proper off-season training in athletes
- Prevent injuries that may occur in sporting events
- Teach proper jumping and landing techniques
- Decrease knee landing forces
- Improve knee control with jumping and landing



- Increase skills through speed, agility and plyometric drills
- Condition the athletes for fall sports

## Facts

- Injuries can be prevented with proper training.
- Injuries occur because the athlete does not have the coordination, muscle strength, or balance to react immediately to situations.
- 1.35 million youths each year have a serious sports injury.
- According to the CDC, one-half of all youth sports injuries are preventable by proper training.



## When, Where, Who, Cost

- Tuesdays and Thursdays, beginning June 18 and ending July 23. No class on July 4.
- 10:30 am–11:30 am
- Behind Webb Middle School or in their school gym. We will be outside weather permitting.
- Open to kids going into 5th through 8th grades
- **FREE**

Reedsburg Area Medical Center  
*Rehabilitation Services*  
**(608) 768-6120**  
**[ramchealth.com/youth](http://ramchealth.com/youth)**

