

*Sports Performance Enhancement & Explosive Development*



## FOR MIDDLE SCHOOL ATHLETES

The SPEED (Sports Performance Enhancement & Explosive Development) Program is a seven-week program that will help middle school athletes develop overall sports performance and athletic ability regardless of sport played. It is scheduled every Tuesday and Thursday from 12 to 1 pm.

The SPEED Program is instructed by the sports performance professionals from SSM Health Therapy Services. Each of the sessions will incorporate cardiovascular conditioning, plyometrics, speed, agility, flexibility, and core strengthening exercises with the majority of training to focus on proper technique, balance, and coordination.

The deadline to register for the program is June 12. The program will start the week of June 13 and last through the week of July 25. The cost of the program is \$90. For more questions or information, contact SSM Health Therapy Services at 920-923-7940, and ask for Raven Gmach or Tyler Schwarz. Register by completing a registration form or register online at [ssmhealth.com/SPEED](http://ssmhealth.com/SPEED).

### **Fond du Lac Area Middle School SPEED**

**Open to any student who will be in sixth, seventh or eighth grade for the 2022-23 school year.**

**St. Mary's Springs High School Track  
Tuesday and Thursday from 12 to 1 p.m.**

#### **Sessions:**

- **June 14, 16, 21, 23, 28, 30**
- **July 5, 7, 12, 14, 19, 21, 26**

***Register today by visiting [ssmhealth.com/SPEED](http://ssmhealth.com/SPEED).***

Sports Performance Enhancement & Explosive Development



# Middle School Registration Form

Name: \_\_\_\_\_ M/F: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Entering Grade: \_\_\_\_\_

School: \_\_\_\_\_

Email address: \_\_\_\_\_

T-shirt size:  S  M  L  XL  XXL

## Registration Fee

Registration is \$90.

Deadline to register is June 12, 2022.

## Consent Form

I give permission for my child \_\_\_\_\_, to participate in SSM Health Therapy Service's SPEED Program. I authorize the SSM Health Therapy Services staff to act according to their best judgment in any emergency requiring medical attention. I hereby waive and release the SSM Health Therapy Services staff from any and all liability and cost associated with the program. I further understand that I, or my medical insurance carrier will be responsible for any expenses arising from said emergency treatment. I also give the licensed athletic trainer on-site permission to evaluate and recommend treatment for any minor injury which may occur during the program. Participants will be expected to follow rules and instructions from staff. In case of emergency please contact:

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

Relationship: \_\_\_\_\_

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

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

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

## SSM Health Photograph Release Form

Subject: \_\_\_\_\_  
I, the undersigned, hereby authorize SSM Health, its employees, medical staff, consultants, and designated representatives to photograph/videotape/record athletic statistics of my son/daughter.

I understand that the photographs/videotape/recorded athletic statistics taken of my son/daughter may be used in a news article or feature story, published in a newspaper, newsletter, magazine, website, or other public medium.

This authorization shall act to expressly release SSM Health, its members, employees, medical staff, consultants, and assigns from liability related to any and all claims, demands and causes of action connected with publication of said photographs.

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

Relationship to Subject: \_\_\_\_\_

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

**To register, visit [ssmhealth.com/SPEED](http://ssmhealth.com/SPEED) or send registration form and check made out to:  
SSM Health Therapy Services  
421 Camelot Drive  
Fond du Lac, WI 54935**