



2018/2019

ARIS & HMS STRENGTH & CONDITIONING

The HHS Strength & Conditioning staff is pleased to announce the offering of strength & conditioning program for all ARIS & HMS students. The program will be supervised by two certificated Strength & Conditioning coaches, and the student workouts are research-based, and designed to both introduce the novice lifter to strength & conditioning, as well as allowing more advanced lifters to enhance their strength, flexibility and overall conditioning. The program follows the principle of progressive overload to force the body (muscles, bones, tendons, etc.) to adapt in order to be able to produce and/ or resist larger forces. Strength training is not power lifting nor is it bodybuilding or trying to lift the most weight you can. Strength training is a tool that can augment sport performance through improved strength and motor control. Proper technique is taught, re-enforced & required throughout all phases of the program!!! **

FALL 2018	WINTER 2018/2019	SPRING 2019	SUMMER 2019
Monday & Thursday	Monday & Thursday	Monday & Thursday	Tuesday & Thursday
4:30-5:30 pm	4:30-5:30 pm	4:30-5:30 pm	9:00 am-10:00 am
9/13 to 10/22	10/25 to 12/13	2/21 to 4/1	6/25 to 8/6
	1/3 to 2/14	4/4 to 5/20	
DATES WILL BE ADJUSTED TO ACCOUNT FOR EMERGENCY CLOSURES			

WHERE: The 6 week program is held at the HHS Pole Barn weight training facility at the North end of the HHS football field.

WHO: Any student enrolled in grades 5-8 at ARIS or HMS during the upcoming school year.

WHEN:

Registration: Bring a copy of the completed waiver below and \$90.00 check made payable to Hillsborough Board of Education to the first session.

DISCOUNTS:

- 1) Sibling discount (\$65.00 each for a savings of \$50.00 for 2 children)
- 2) Multiple session discounts when paying for all sessions up front (2 sessions \$150 for a savings of \$30.00 / 3 sessions \$220.00 for a savings of \$50.00 / 4 sessions \$290.00 for a savings of \$70.00/ 5 sessions for \$360 for a savings of \$90.00)

CONTACT INFO: Robert Herman Email: rherman@https.us

BENEFITS OF YOUTH STRENGTH TRAINING:**

- Improved strength & coordination
- Improved self-image & self-confidence
- Increased muscle endurance.
- Improved sport performance.
- Improved bone strength/ bone density.
- Improved heath.
- Reduced risk for sports injury.
- Improved flexibility.
- Increased speed & power
- Easy transition to the HS program
- Increased vertical leap
- ITS FUN!!!**

** (adanted from STRENGTH TRAINING FOR YOUNG ATHLETES by S. Riewald, PhD, CSCS, NSCA-CPT & K. Cinea, MS, CSCS, NSCA-CPT NSCA Ed. Dept.)

I/We understand that transportation is not available for this activity and that we are responsible for carpool arrangements or otherwise for our child. I/We will not hold the Hillsborough school district liable for any injuries that may occur as a result of camp related activity. I/We also give permission to any qualified staff member to apply first aid and/or arrange for emergency transportation if needed. Finally, as parent or guardian, I/we do carry proper medical insurance and understand that this is to be used as a primary insurance with Hillsborough Board of Education as a secondary insurance carrier. I/We have read, understand, and agree to this arrangement.

Student Name	School/Age	Sport(s) Played
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Signature of Parent/Guardian

Date

Home # or Cell #

Emergency Contact name

Relationship

Phone number