

## BFS PROGRAM – SUMMER CLASS

- Where:** HS weight-room and gym
- When:** Classes begin Monday, June 4. Class is held generally Monday – Friday unless stated differently below in the chart. Times depend on when each athlete attends. These times can vary depending on the athlete’s schedule.
- Times:** Several options are available for current grades 9-11. You are welcome to come to any of these times, we just ask that you check the time frame you feel you will most likely attend. (this is for staffing purposes)
- Last Day:** Thursday, July 27
- No Class:** Tuesday, July 4 due the Holiday
- Cost:** \$20 – Checks made out to Lodi School District. Cost includes a BFS t-shirt.

The purpose of Bigger Faster Stronger is to encourage positive changes in the lives of young people. This program helps ALL athletes of ALL abilities and ALL sports. If following the program correctly, it WILL improve their skills and abilities. BFS works through a three tiered approach. The program requires dedication, hard work, and endurance; results will be noticed!

There are several sessions that will be run to accommodate a variety of experience levels with the Bigger Faster Stronger program. Each session will be one hour long and start at the indicated time. Athletes are expected to show up on time. **All grades are based on current grade.**

<b>T-Shirt (please circle correct size!)</b>					
Adult	XXL	XL	L	M	S
Youth	L	M			

<b>CURRENT Grade Level (please circle)</b>					
GRADE 5 OR 6	GRADE 7	GRADE 8	GRADE 9	GRADE 10	GRADE 11

**Questions:** Contact Derek Pertzborn 608-592-3853 x 4429 or [pertzde@lodischoolswi.org](mailto:pertzde@lodischoolswi.org)

<b>Check Class you Feel you <u>Will Most Likely Attend</u> (please circle)</b>					
___ 7 am	Monday – Friday	<b>Grades 9-11</b>	___ 11 am	Monday – Thursday	<b>Grades 7</b>
___ 8 am	Monday – Friday	<b>Grades 9-11</b>	___ 3:00-3:45	Monday/Wednesday	<b>Grades 5-6</b>
___ 9 am	Monday – Friday	<b>Grades 8</b>	___ 3:00-3:45	Tuesday/Thursday	<b>Grades 5-6</b>
___ 10 am	Monday – Thursday	<b>Grades 7-11 (female only)</b>	___ 4 pm	Monday – Thursday	<b>Grades 9 – 11</b>

**STUDENT NAME:** \_\_\_\_\_

**HOME PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

MY SON/DAUGHTER (LISTED ABOVE) HAS MY PERMISSION TO PARTICIPATE IN THE BIGGER FASTER STRONGER SUMMER SCHOOL PROGRAM.

**PARENT NAME (PRINT):** \_\_\_\_\_

**PARENT SIGNATURE:** \_\_\_\_\_ **DATE** \_\_\_\_\_

**Registration for BFS Ends June 1!**