BFS PROGRAM – SUMMER CLASS

Where: HS weight-room and gym
When: Classes begin Monday, June 10. 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: Grades 5-7: Thursday, July 25 | Grades 8-11 see additional opportunity below!
No Class: Thursday, 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.

### T-Shirt (please circle correct size!)

<table>
<thead>
<tr>
<th>Adult</th>
<th>XXL</th>
<th>XL</th>
<th>L</th>
<th>M</th>
<th>S</th>
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<tbody>
<tr>
<td>Youth</td>
<td>L</td>
<td>M</td>
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</tbody>
</table>

### CURRENT Grade Level (please circle)

| 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

STUDENT NAME: ____________________________
HOME PHONE: ____________________________
EMAIL: ____________________________

### Check Class you Feel you Will Most Likely Attend (please circle)

<table>
<thead>
<tr>
<th>7 am</th>
<th>Monday – Friday</th>
<th>Grades 9-11</th>
<th>11 am</th>
<th>Monday – Thursday</th>
<th>Grades 7</th>
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<tbody>
<tr>
<td>8 am</td>
<td>Monday – Friday</td>
<td>Grades 9-11</td>
<td>3:00-3:45</td>
<td>Monday/Wednesday</td>
<td>Grades 5-6</td>
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<tr>
<td>9 am</td>
<td>Monday – Friday</td>
<td>Grades 8</td>
<td>3:00-3:45</td>
<td>Tuesday/Thursday</td>
<td>Grades 5-6</td>
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<tr>
<td>10 am</td>
<td>Monday – Thursday</td>
<td>Grades 7-11 (female only)</td>
<td>4 pm</td>
<td>Monday – Thursday</td>
<td>Grades 9 – 11</td>
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***NEW ADDITION TO BFS!***
Current Grades 8-11 can now come extend their time into August!
Dates: August 5-22 (Monday-Thursday)
Time: 8:00-9:00 am

Check here if athlete plans to participate in the August BFS Program.

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 7!