

WATERTOWN UNIFIED STRENGTH PROGRAM

Summer 2021

*** Registration begins Thursday, April 8 at 4 pm via Skyward Family Access. There is no fee to participate in the Unified Strength program this year. However, every participant will need a signed liability form before he or she can participate in the class. ***

**Unified Strength is available for all students entering
8th - 12th grade in the 2021-2022 school year.**

Session 1: June 7, 2021-July 1, 2021

Session 2: July 5, 2021-July 30, 2021

Period 0: 6:00 am- 7:30 am Period 1: 7:45 am – 9:15 am Period 2: 9:30 am-11:00 am

Watertown Unified Strength Teachers

Benji Kamrath

Andy Cashin

Matt Meracle

Jennifer Cashin

Noah Gibson

Alex Schuh

Troy Granick

PROGRAM GOALS

The Watertown High School Summer Unified Strength Program offer students the opportunity to become better athletes through a sound workout program of both weight and speed training. Students who participate in this program will be better prepared to have success in their respective sports. The three goals of the program are:

- To give each athlete a greater chance to reach his/her potential.
- To help increase each athlete's self-confidence and self-esteem.
- To offer an opportunity for athletes to compete and work hard every day they attend a workout session.

QUESTIONS?

Please contact:

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Amanda Ristow

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WATERTOWN UNIFIED SCHOOL DISTRICT
Watertown, Wisconsin

LIABILITY WAIVER

Permission is hereby granted for _____
(Name of student)

to participate in **Summer School 2021 Unified Strength**
as sponsored by Watertown Unified School District during the **weeks of:**

Session 1: June 7, 2021 - July 1, 2021

Session 2: July 5, 2021 - July 30, 2021

It is understood that the students and parents will not hold the school district or its employees liable in case of student accident or injury while in participation. The supervisors will exercise all reasonable caution to protect your son or daughter from injury.

Permission is also granted to take the student named above to a doctor and/or hospital if there is a need for emergency medical attention.

In order to better serve the needs of each member of the event, chaperones should be informed of any physical/medical restriction, allergies, conditions, etc., that could affect the student at the time of the event. Such information should be attached to this form and will remain confidential with the chaperones at the request of the parents.

In as much as this event is an extension of school, school policies and regulations (which are published annually) will be observed at all times by the undersigned. If the student does violate the above policies, he/she will be sent home at the expense of the parent/guardian. The parent/guardian will be notified of the incident and travel arrangements will be made by telephone.

Signed waiver must be submitted before student will be allowed to participate!

(Student Signature)

(Date)

(Parent/Guardian Signature)

(Date)

Name and number of emergency contact:

Name_____

Phone_____ Relationship to student_____