

Special Accommodations: Students with disabilities who need special accommodations to participate in activities should contact the school prior to activity date.

_____ Cell phone# _____ Work
_____ Parent's Signature _____ Date

_____ Other Responsible Party _____ Phone/Cell#

WARRIOR POWER

Course #: 421979 (Session 1) 421980 (Session 2)

Location: Wausau West Strength & Fitness Center

Fee: None

Credit: None

Session 1: Monday, June 11th through Thursday, June 29th

Session 2: Monday, July 2th through Thursday, July 27th

Times:

6:00 AM – 7:30 AM – Experienced Session 1 (open to ALL experienced Warrior Power Athletes)

7:30 AM- 9:00 AM - Experienced Session 2 (open to ALL experienced Warrior Power Athletes)

9:00 AM – 10:30 AM – Girls Session (All girls welcome, regardless of experience level)

10:30 AM- 12:00 PM - Inexperienced Boys (*all in-coming freshmen, girls are also welcome*)

*If a particular session time fits your schedule better please attend that session. We want you to attend and we will make adjustments in-session for your specific needs.

Highlander Power

12:30 PM – 2:00 PM – This session is intended for in-coming 7th & 8th grade students. There is a separate sign-up at John Muir for this particular session if siblings wish to sign-up.

Warrior Power is an enrichment class for the enhancement of physical abilities in sports. This class is designed to develop strength, power, agility and speed for the participation in athletics. The Warrior Power program is designed to challenge the individual and improve their abilities. Individuals who participate in training sessions will be grouped based upon a variety of indicators such as; experience level, physical skill, specific sport, as well as their ability to perform basic movements.

Because this is a class, all students will be expected to follow the Warrior Power Program.

The philosophy of the program is to challenge the current ability levels of the individual as well as enhance the abilities of all individuals who sign up. In addition to developing the skills of the individual the class's secondary objective is to enhance the problem solving and team working ability of the individuals who participate in team challenges.