

NAME: _____

ADDRESS: _____

PHONE: _____ AGE: _____

GRADE (FALL OF '11) _____

EMERGENCY PHONE NUMBER: _____

T-shirt (circle size)

Youth sizes XS S M L XL

Adult sizes S M L XL XXL

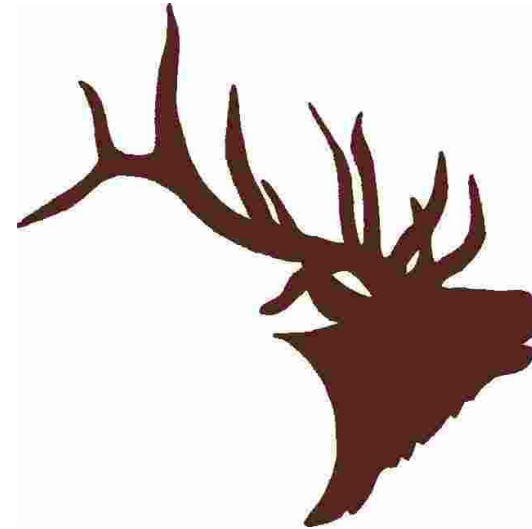
My child _____, has permission to participate in Elk Pride '11. I understand that there will be no insurance carried by the school and that the school or instructors assume no financial responsibility in case of injury.

Signature of parent / guardian Date

Please detach completed form and mail with check payable to Elk Pride to:

Jason Scheck
Elk Pride Enrollment
1509 West Country Club
Elk City, OK 73644

ELK PRIDE 2011



FAILURE IS NOT AN OPTION

WHAT IS IT?

Elk Pride '11 is a summer strength and conditioning program sponsored by members of the Elk City coaching staff. The program is designed to increase an athlete's speed, strength, agility, endurance, and flexibility.

WHEN IS IT?

The program will begin on Monday, June 13th and runs through Thursday, July 28th. Summer Pride is a six week program that is held on Monday through Thursday of each week. There is a recovery week built in July 4th through the 7th. The athletes are off that week.

** The **first session** will include Male athletes in Grades 9-12 (next fall). The **first session** is designed for advanced male athlete development. The **first session** begins at 6:00 a.m. and ends at 7:45 a.m.

** The **second session** will include Female athletes in Grades 6-12 (next fall). The **second session** begins at 7:00 a.m. and ends at 8:45 a.m.

** The **third session** will include Male athletes in Grades 6-8 (next fall). The **third session** begins at 8:00 a.m. and ends at 9:45 a.m.

** The **fourth session** will include all male and female athletes from the 2nd through the 5th grade (next fall). The **fourth session** begins at 10:00am and ends at 11:00am

WHERE IS IT?

Elk Pride '11 is held at the Elk City Football Field House, located at the northwest corner of Big Elk Football Stadium. The strength facility is in the field house and all activities will take place in this vicinity.

WHO'S IN IT?

Any student entering the 2nd grade or above interested in improving their athletic ability.

WHAT'S THE COST?

\$100 (includes t-shirt if registered by June 6th) - that is about \$2 per hour of instruction for this program. No athlete will be turned away for financial reasons. A work to participate program is available. Parents, please contact Coach Scheck regarding this opportunity.

Multiple family members receive a discount. Any family enrolling more than 1 student will pay \$25 less on each additional student.

- 1 student = \$100 fee
- 2 students = \$175 fee
- 3 students = \$225 fee

Fees will not be pro-rated due to absences.

WHAT DO I WEAR?

Athletic attire: Shorts, t-shirt, socks, tennis shoes, etc.

HOW DO I SIGN UP?

Fill out the registration form (on back) and enclose it with a \$100 check made payable to **Elk Pride** to the address below **by June 6th**.

Jason Scheck
Elk Pride Enrollment
1509 West Country Club
Elk City, OK 73644

SIGN-UP DEADLINE

To receive your '11 Elk Pride t-shirt as a part of your fee, registration must be turned in or postmarked by June 6th. Registrations turned in after June 6th will incur a \$10 late fee if you want the T-Shirt.

WHY PARTICIPATE?

Today, all athletes must be aware that in order to maximize their athletic potential, they must train their bodies properly. By increasing speed, strength, agility, endurance, and flexibility, an athlete can improve their performance. Furthermore, the staff will educate the athletes on topics such as rest, recovery, nutrition, and hydration. At certain levels, individualized plans may be provided.

ELK PRIDE '11 is designed to accomplish this by allowing participants to:

1. Receive supervised instruction by coaches who are interested in each individual.
2. Remember, whatever their goal may be or current level is, everyone can improve.
3. Receive physical and mental training that applies to all sports.
4. Show self discipline and commitment by showing up and working hard to get stronger, quicker, and faster.

SIGN UP TODAY AND TAKE THE FIRST STEP FOR THE NEW SEASON!

** **Elk Pride '11** is designed for all individuals to work towards improving their athletic abilities.

** **This program will be designed and led by Jason Scheck, Head Football Coach and Strength and Conditioning Coordinator for Elk City High School. He has trained athletes at the junior high, high school, and collegiate level for the past 13 years.**