

Linn-Mar Athletic Enhancement Program

Students entering grades 9-12 in 2022-23



LMHS hires in professionals from Elite Fitness to manage our strength program. We work to offer multiple opportunities for kids in the summer, and before and after school opportunities during the school year.

When students are “out-of-season” we want them to lift 3 times a week. When students are “in-season” their teams will have 2 times a week for them to lift. The Elite Fitness group manages all of these weight programs and daily sessions for us.

We are asking that each student pay \$75 for year long strength training sessions at the high school. We have seen great athletic growth in kids who have committed to this program! The fee we charge to students is our estimate of the cost we will incur for managing the strength program. Any additional funds remain with the strength training program for maintaining/upgrading equipment.

Your fee covers all summer strength opportunities and, during the 2022-2023 school year, this payment will cover out-of-season strength sessions (before and after school), as well as in-season strength sessions with your team.

If you are interested in a scholarship, based on need, for this program please contact:

Tonya Moe – Athletic Director
tmoe@linnmar.k12.ia.us
447-3086

**Make Checks Payable to Linn-Mar High School and drop off at the first day of training
or you can bring by the Cashier Office (you can also pay by card with Cashier)**

Students Name _____ Grade in 22-23 _____

Emergency Contact _____ Phone _____

I understand that personal medical insurance coverage for this program is the obligation of each participant. I hereby authorize the instructors of the Linn-Mar Strength Program to act according to their best judgment and provide medical attention to my son/daughter or ward in the event of injury/illness.

Legal Guardian's Signature _____ **Date** _____

*** If you are entering 9-12th grade and have signed up to attend summer football camp with Linn-Mar you do not need to make a separate payment to the LMHS Strength program as Coach Lovell will be paying your \$75 out of the fee you pay for summer football camp.

Our summer strength opportunities will begin on May 31st and go through July 22nd. We will lift using the time schedule below. We do want students to try and attend 3 workouts every week but this is not a requirement.

Below is a list of times where our coaches “suggest” you try and come to be with your specific team. Athletes are able to attend any session they want to if the “suggested” time does not work. The “suggested” time is only to help kids select a time if they want to be with their teammates.

WE DO ENCOURAGE ALL KIDS TO COME TO SPEED/AGILITY TWO TIMES A WEEK AT 12:00!!

If your team is not listed then you can pick any time that works best for your individual schedule.

JUNE 1st — JULY 22nd

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM		9th Football Weight Room		9th Football Weight Room		9th Football Weight Room	
7 AM		Varsity Football Weight Room	Make-Up Session Weight Room	Varsity Football Weight Room	Boys Basketball Weight Room	Varsity Football Weight Room	
8 AM		Wrestling/Socce Weight Room	Cheer Weight Room	Wrestling/Socce Weight Room	Cheer Weight Room	Wrestling/Socce Weight Room	
9 AM		Boys Basketball Weight Room	XC/Track Weight Room	Boys Basketball Weight Room	XC/Track Weight Room	XC/Track Weight Room	
10 AM		Poms Weight Room	Volleyball Weight Room	Poms Weight Room	Volleyball Weight Room	Volleyball Weight Room	
11 AM		Girls Basketball Weight Room	Girls Basketball Weight Room	Make Up Session Weight Room	Girls Basketball Weight Room	Make Up Session Weight Room	
12 PM		Speed & Agility Weight room/Gym/Outd	Speed & Agility Weight room/Gym/Outd	Speed & Agility Weight room/Gym/Outd	Speed & Agility Weight room/Gym/Outd		
1 PM							
2 PM							
3 PM		10th Football Weight Room		10th Football Weight Room		10th Football Weight Room	

It is important to note that during our strength training program kids are required to use our workout programs. We do not allow kids to come in and do their "own" workout. This is not an "open" weight room session and we do not offer "open" weight room opportunities for students through our athletic enhancement program.