

# REGISTRATION

***Athletes Name:***

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***Upcoming Grade***                      ***School***

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***Sports Involved In:***

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***Parent/Guardian Name:***

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***Phone Number:***

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***Email Address:***

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***Emergency Contact & Number:***

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***T-Shirt Size***

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***Payment Options (check one):***

- \$150. Includes Full 7 Week Training Program
- \$75. 7th-8th Grade Option for a 2 day a week training program
- \$30. Full or 7th-8th Grade paid on weekly basis
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**Please Make Checks Payable To:**  
Marquette High School

## Questions

- **Contact:**

**Michael Stewart—Football/Track**

marquettehsfootball@gmail.com

**John Meyer—Head Baseball**

meyerjohn@rsdmo.org

**Eric Schweain Head Boys Basketball**

schweaineric@rsdmo.org

**Tim Bowdern—Head Girls Basketball**

bowderntimothy@rsdmo.org

**Chris Elledge—Head Girls Lacrosse**

elledgechristopher@rsdmo.org

**Disclaimer and Waiver of Liability:**

This program is athletic training in nature and non-contact by definition. However, it is impossible to avoid all injuries of an athletic nature. Therefore, you as a guardian are being notified of the fact that the possibility of injury does exist. Be assured that our staff will take all necessary precautions to reduce the risk to our athletes. In order for your athlete to participate, you must acknowledge your understanding of these risk factors and sign below.

**Parent Signature:**

X \_\_\_\_\_

**2019**

**‘M’**

**Factor**

*The ‘M’ Factor is a summer training program designed for the Marquette athletic community that focuses on strength, speed, agility, core, plyometrics, conditioning and competition.*



# The 'M' Factor



The 'M' Factor is a 7 week training program that is designed with the athlete in mind.

Each day athletes will go through a

variety of stations where they will work to increase their SPEED, QUICKNESS, VERTICAL LEAP, UPPER/LOWER BODY STRENGTH and CORE STRENGTH. By placing an emphasis on these variables, athletes will put themselves into position to be more successful within their respective sports. The purpose of this training will challenge the athletes physically as well as mentally.

## Dates

- **Training will consist of 7 weeks, Mon-Thurs at Marquette High School**
- **June: 3-6, 10-13, 17-20, 24-27,**
- **July: 8,9,11**
- **July: 15,16,18**
- **July: 22,23,25**
- **July: 29, 30, Aug 1**
- **Note: No training the week of July 1-7**

## Time

- **Varsity Boys: 7:15am-8:45am**
- **Soph Boys: 7:15am-8:45am**
- **Fresh Boys: 8:45am-10:15am**
- **Girls: 8:45am-10:15am**

## ***Tuesday and Thursday Only!!!!***

- **7-8th Grade: 7:30am-9:00am**

## Who Can Sign Up?

- **Any current or future Marquette athlete in grades 7-12**
- **Age will be one consideration when placing athletes in groups**
- **Discount available for multiple siblings attending**

## Program Options

1. **Full 7 Week Training Program**
  - **\$150 (approx. \$21.50 week)**
  - **\$30 Weekly Payment Option**
  - **Includes t-shirt**
2. **7-8th Grade Training Program**
  - **2 days a week**
  - **\$75 overall**
  - **\$30 Weekly Payment Option**
  - **Includes t-shirt**

## How Do I Sign Up?

1. **Fill out the attached registration form**
2. **Send to Marquette High School. "ATTN: M FACTOR"**
3. **2351 Clarkson Rd. Chesterfield, Mo 63017**

## Added Benefits

- **Helps develop leadership and camaraderie within the Marquette community. Future and current Marquette athletes helping, encouraging, and working together to better themselves**
- **Compare the price with other training facilities/programs and see the savings**