

**SPEED, POWER
and
ACCELERATION PROGRAM
2011**



**"The Will To Prepare Is
As Important As the
Will To Win."**

Speed, Power and Acceleration Staff

Paul Ackley
Head Football Coach
Assistant Track Coach
McFarland High School

Chuck Kubicek
Physical Education Teacher
Indian Mound Middle School

Chris Duerk
Assistant Football Coach
McFarland High School

Dan Rottinger
Assistant Football Coach
Assistant Track Coach
McFarland High School

SESSION INFORMATION

High School Sessions Begin:

June 13th
Meet: Monday, Tuesday, Wednesday,
Thursday, Friday

Middle School Session Begins:

June 20th
Meet: Monday, Tuesday, Thursday

**QUESTIONS?
For further information,
Please call Paul Ackley @ 838-4538.**

TEAR OFF HERE.

BE SURE TO FILL OUT BOTH SIDES!!!

Registration Form – SPEED, POWER AND ACCELERATION PROGRAM

Student Name _____ Grade Entering Fall '11 _____ Home Phone _____

Address _____ City _____ Zip Code _____

Please check one.	High School Only	Session 1	Monday-Tuesday-Thursday-Friday	7:30 a.m. – 9:00 a.m.	\$25.00
		Session 2	Monday-Tuesday-Thursday-Friday	9:00 a.m. – 10:30 a.m.	\$25.00
		Session 3	Monday-Tuesday-Thursday-Friday	10:30 a.m. – 12:00 noon	\$25.00
		Session 4	Monday-Tuesday-Wednesday-Thursday	4:30 p.m. – 6:00 p.m.	\$25.00
	Middle School Only (Grades 7-8)	Session 5	Monday-Tuesday-Thursday	1:00 p.m. – 2:30 p.m.	\$25.00

PLEASE CIRCLE T-SHIRT SIZE: Adult sizes: S M L XL XXL

**Make check payable to: McFarland School District and mail the check and this registration form by Friday, June 3rd, to:
Paul Ackley, McFarland High School, 5103 Farwell St., McFarland, WI 53558**

PROGRAM GOALS

The Speed, Power and Acceleration Program offers each athlete the opportunity to become a better athlete through a sound strength and conditioning program, preparing them for greater success in their respective sports. The three goals of the program are:

- to decrease the chance of injury for each athlete.
- to give each athlete a greater chance to reach his/her potential.
- to help increase each athlete's self-confidence and self-esteem.

PROGRAM ORGANIZATION

Each session will be divided into 3 parts: core weight lifting exercises, auxiliary weight lifting exercises, and speed and agility exercises. Emphasis will be placed on improving overall body strength, speed, agility, core strength, and flexibility.

SPEED, POWER AND ACCELERATION PROGRAM

McFARLAND HIGH SCHOOL WEIGHT ROOM

High School Sessions (Only students entering grades 9-12)

June 13 – July 29 (7 weeks)

Session 1 7:30 a.m. - 9:00 a.m.
M-T-Th-F

Session 2 9:00 a.m. - 10:30 noon
M-T-Th-F

Session 3 10:30 a.m. - 12:00 noon
M-T-Th-F

Session 4 4:30 p.m. – 6:00 p.m.
M-T-W-Th

Cost: \$25.00 Includes T-Shirt

Middle School Session (Only students entering grades 7-8)

June 20 – July 29 (6 weeks)

Session 5 1:00 p.m. – 2:30 p.m.
Monday/Tuesday/Thursday

Cost: \$25.00 Includes T-Shirt

Make check payable to:

McFarland School District

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SPEED, POWER AND ACCELERATION PROGRAM

In consideration of your accepting this entry, I hereby, for myself, my heirs, executors, and administrators waive any and all rights and claims for damages I may have against McFarland School District or its representatives, successors, and assigns for any and all injuries suffered by me or my child while a participant or spectator at the activity indicated above.

Signature of Parent/Guardian

Date