

2019 Milton Acceleration Camp



OUTWORK THE COMPETITION

For: All Red Hawk athletes that want to improve their strength and speed.

Where: Milton High School and Milton Middle School

When: June 10- July 25, Monday - Thursday, 6:30- 9:45 am.

Sessions: Varsity 6:30-8:00, JV/Freshman 8:00-9:30. **This will be conducted and coordinated with the summer school lifting program. If there are conflicts you can sign up for either session.** (If you have a special circumstance with sessions please let Coach Wedig know. Please sign-up for Summer School Weight Room in conjunction with Acceleration Camp.)

Cost: \$100. This experience will provide you with the latest strength, speed and agility training to help you improve in all sports.

Please return the completed registration form and \$100 to Holly Nelson at the high school, Coach Wedig in the weight room or mail it to: Attn: Rod Wedig, MHS Football, 114 W. High St. Milton, WI 53563

Athlete Name: _____

Address: _____ City: _____

Zip _____

Emergency Contact Phone Number _____

_____ Camp 1: 6:30-8:00 am (Varsity athletes)

_____ Female Morning Camp: 6:30-8:00 am (Middle School) You can also train at the high school at either of the other time frames (camp 1 or 2) if that is more convenient.

_____ Camp 2: 8:00- 9:30 (JV and Freshman athletes)

By signing this I hereby give permission for my son/daughter to be treated for an injury sustained during the Milton Acceleration Camp. I hereby expressly assume all risk of injury that could occur by reason of participation. I also understand that all expenses incurred as a result of injury are my responsibility as parent/guardian.

Parent/Guardian Signature _____

Make NON-REFUNDABLE \$100 Checks Payable to: Milton Football Boosters

Any Questions? Please email Coach Rod Wedig wedigr@milton.k12.wi.us