

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 Demon 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 Demon Pride to:

Dave Foster
Demon Pride Enrollment
2204 Manor Drive
Dodge City, KS 67801

DEMON PRIDE 2011



WHAT IS IT?

Demon Pride '11 is a summer strength and conditioning program sponsored by members of the Dodge 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 20. It is a six week program that is held on Monday, Tuesday, Wednesday, and Thursday of each week.

- June 20-23; June 27-30; July 11-14; July 18-21; July 25-28; August 8-11 (No workouts July 4-7 OR August 1-4)

** 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 will begin at 6:00 a.m. and end at 7:45 a.m.

** The **second** session will include Male athletes in Grades 9-12 (next fall).

The second session is also designed for advanced male athlete development.

The second session will begin at 7:00 a.m. and end at 8:45 a.m.

** The **third** session will include Female athletes in Grades 5-12. The **second session** will begin at 8:00 a.m. and end at 9:30 a.m.

** The **fourth** session will include Male athletes in Grades 5-8. This session is designed for beginner male athlete development. The fourth session will begin at 9:00 a.m. and end at 10:30 a.m.

WHERE IS IT?

DemonPride '11 is held at the Dodge City High School weight room, located at the northwest corner of Dodge City HS (just south of the tennis courts). All activities will take place in this vicinity.

WHO'S IN IT?

Any student entering the 5th grade or above interested in improving their athletic ability.

WHAT'S THE COST?

\$10 for all 9th – 12th grade athletes (includes t-shirt if registered by June 1st)

\$50 for all 5th – 8th grade athletes (includes t-shirt if registered by June 1st)

No athlete will be turned away for financial reasons. A work to participate program will be available for financially limited families. Please have your parents contact Coach Foster regarding this opportunity.

Fees will not be pro-rated due to absences.

WHAT DO I WEAR?

Shorts, t-shirt, socks, tennis shoes, etc.

HOW DO I SIGN UP?

Fill out the registration form (on back) and enclose it with cash or check made payable to **Demon Pride** to the address below by June 1st.

Dave Foster
Demon Pride Enrollment
2204 Manor Drive
Dodge City, KS 67801

SIGN-UP DEADLINE

To receive your '11 Demon Pride t-shirt as a part of your fee, registration must be turned in or postmarked by June 1st.

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.

DEMON 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 still improve.
3. Get a head start on unmotivated athletes who lie around all summer believing that they are as good as they need to be.
4. Receive physical and mental training that applies to all sports.
5. Sign up and be willing to work hard to get stronger, quicker, and faster.

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

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

** **This program will be designed and led by Dave Foster, head football and track coach at Dodge City High School. He has also earned CSCS (Certified Strength and Conditioning Specialist) through the National Strength and Conditioning Association. He has trained athletes in summer programs for the past 15 years that have become better athletes and even gone on to be NCAA Division I and Division II scholarship athletes in several different sports.**