

### **WHAT IS IT?**

**Demon Pride '10** 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 21<sup>st</sup> and run through Thursday, July 29<sup>th</sup>. It is a six week program that is held on Monday, Tuesday, Wednesday, and Thursday of each week. Exception: No workouts on Monday, July 5<sup>th</sup>.

### **Males – entering grades 9 through 12**

\*\* Grades 11-12 – 6:00 a.m. – 7:45 a.m.

\*\* Grades 9-10 – 7:00 a.m. – 8:45 a.m.

### **Females – entering grades 5 through 12**

\*\* Grades 5-12 – 8:00 a.m. – 9:45 a.m.

### **Males – entering grades 5 through 8**

\*\* Grades 5-8 – 9:00 a.m. – 10:45 a.m.

### **WHERE IS IT?**

**Demon Pride '10** is held at the Dodge City High School weight room, located at the northwest corner of the high school by the tennis courts. All activities will take place in this vicinity.

### **WHO'S IN IT?**

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

### **WHAT'S THE COST?**

9<sup>th</sup> through 12<sup>th</sup> grade - \$10 fee

5<sup>th</sup> through 8<sup>th</sup> grade - \$50 fee

Fee includes t-shirt if registered by June 15<sup>th</sup>. 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 a check made payable to **Demon Pride** to the address below **by June 15<sup>th</sup>.**

Dave Foster

Dodge City High School

2201 W Ross Blvd

Dodge City, KS 67801

### **SIGN-UP DEADLINE**

To receive your '10 Demon Pride t-shirt as a part of your fee, registration must be turned in to Coach Foster or postmarked by June 15<sup>th</sup>.

### **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 '10** 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 '10** is designed for all individuals to work towards improving their athletic abilities.

\*\* **This program will be designed and led by Dave Foster, DCHS head football and track coach, as well as a Certified Strength and Conditioning Specialist (CSCS), a credential earned 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.**