

Eagle Summer Sports 4th/5th/6th

Football Program 2019



Dates: June 10-July 24 Monday and Wednesday

You do not have to be able to make every date in order to enroll. Come when you can.

Time: 10:30-11:40 am

Location: Eisenhower Practice Field (Located on North west side of school) & Gym

Cost: **\$50.00** This will include an EMS Football T-shirt, these will be the same shirts the 2019 Eagle football team will wear on game days.

Make **checks payable to Eric Altevogt**

What: The program focuses on speed, strength, and agility drills. Our goal is to work as a team to increase our speed and strength. We will also be focusing on football fundamentals and play work.

Needs: Any type of rubber cleat, shorts, t-shirt

Staff: Athletes will receive training from 4 Eisenhower Football Coaches

Enroll: Cut off the bottom of this form and return to Coach Altevogt no later than **May 25th**. You can mail this form back to

**Eisenhower Middle School Attn: Eric Altevogt
800 Walters Drive
Manhattan, KS 66502**

This training program was implemented for the first time 8 years ago and proved to be very beneficial for the team. It not only prepared the athletes for the start of the football season, it took their ability level beyond anything we had experienced before.

Please call Eric Altevogt at 587-2880 or E-mail erica@usd383.org with any questions you might have.

Student Name: _____ Parent Name: _____

Home Phone: _____ Cell Phone: _____ Parent Email: _____

T-shirt size

Circle one (Youth sizes) Small Medium Large Extra Large

Please write the size on the line if your child needs an **Adult** size _____

I hereby consent that my minor child named above may participate in the Eagle Summer Sports Training Program, June 10 July 24, 2019, at Eisenhower Middle School, Manhattan, Kansas. I further state that I hereby release the Eagle Sports Football Program, its agents, and coaches from any claim that said player might have, or others might have, and for any injury that they might sustain during participation in any activity.

Parent Signature: _____ Date: _____

Return this form no later than **May 25th**.

2019 Eisenhower Eagle Summer Football Schedule

<u>Day</u>	<u>Date</u>	<u>Activity</u>	<u>Time</u>
Monday	June 10 th	Workout	10:30-11:40
Wednesday	June 12 th	Workout	10:30-11:40
Monday	June 17 th	Workout	10:30-11:40
Wednesday	June 19 th	Workout	10:30-11:40
Monday	June 24 th	Workout	10:30-11:40
Wednesday	June 26 th	Workout	10:30-11:40
Monday	July 2 nd	NO Workout	
Wednesday	July 5 th	NO Workout	
Monday	July 8 th	Workout	10:30-11:40
Wednesday	July 10 th	Workout	10:30-11:40
Monday	July 15 th	Workout	10:30-11:40
Wednesday	July 17 th	Workout	10:30-11:40
Monday	July 22 nd	Workout	10:30-11:40
Wednesday	July 24 th	Workout	10:30-11:40