

Summer Acceleration at Elk Point Athletic Club

Participant's Name: _____

Participants phone number: _____

(Please check which session you will be attending.)

First 20 paid registrations will be accepted per session.

HS Boys (non-football athletes) 7:30a-8:15a _____

* Will consist of strength training, cardio, and agility for cross country, basketball, golf, and track athletes.

HS Girls 8:30a-9:15a _____

*Will consist of strength training, cardio, and agility for volleyball, cross country, basketball, golf, and track athletes.

MS Boys (entering 7th-8th grade) 9:30a-10:15a _____

MS Girls (entering 7th-8th grade) 10:30a-11:15a _____

*Will consist of introductory strength training, cardio, and agility for all athletes.

Elem Girls/Boys (entering 5th-6th grade) 11:30a-12:15p _____

*Will consist of body weight exercises, circuit training, form, and fun relay games, etc.

Parent/Guardian Name: _____

Parent/Guardian signature: _____

Parent/Guardian phone number: _____

I give permission for my child to participate in Acceleration, held at EPAC (Elk Point Athletic Club) at 205 W Main St. Elk Point, SD and weather permitting, Elk Point-Jefferson School track, and/or Heritage Park. Programming/coaching will be done by Erik Johnson, D.C.,B.S. Exercise Science, AFPA Certified Fitness Professional Strength & Conditioning Coach OR other certified fitness instructors.

Waiver of Claims: It is expressly agreed that use of EPAC facilities, participation in Acceleration programs, activities, and events shall be undertaken by the member or guest at his/her sole risk and Acceleration/EPAC shall not be liable for any injuries or any damage to member or guest, or the property of member or guest, or be subject to claim, demand, injury, or any damage whatsoever. Acceleration/EPAC shall not be responsible or liable to members or their guests for articles damaged, lost, or stolen in or about the facilities.

Signature of parent/guardian: _____

**Forms and payment can be mailed to: Elk Point Athletic Club, PO Box 297, or delivered to 205 West Main St. Elk Point, SD.
Please call or text Erik at (605)670-6528 with questions.**

Cost will be \$90 for EPAC members
(1 parent must be a member) and \$110 for non-members

Includes a t-shirt
(Please circle size)

Youth: Small Medium Large

Adult: Small Medium Large X-Large

Please retain for your records.

Classes will be held Mondays, Wednesdays, and Thursdays

HS Boys (non-football athletes) 7:30a-8:15a

HS Girls 8:30a-9:15a

MS Boys (entering 7th-8th grade) 9:30a-10:15a

MS Girls (entering 7th-8th grade) 10:30a-11:15a

Elem Girls/Boys (entering 5th-6th grade) 11:30a-12:15p

Mark Your Calendars!!

(One will be provided at the first session.)

MAY - 31

JUNE – 1,7,8,12,14,15,19,21,22,26,28,29

JULY – 17,19,20,24,26,27