

2019 SAS Information Form

Schedule

June

July

Mon	Tues	Wed	Thur	Fri		Mon	Tues	Wed	Thur	Fri
3	4	5	6	7		1	2	3	4	5
10	11	12	13	14		8	9	10	11	12
17	18	19	20	21		15	16	17	18	19
24	25	26	27	28		22	23	24	25	26

***SAS meets on the dates highlighted and bolded above.**

- High School (Incoming 9-12 grade): Mon, Tues, Wed, and Thur 7:00 – 10:00 a.m.
- Middle School (Incoming 5-8 grade): Mon, Tues, Wed, and Thur 10:00 a.m. – noon

Purpose

- Develop technique, skills, and muscle memory essential for success and improvement in strength exercises, agility, and speed.
- Develop mental and physical toughness that can be translated to sport.
- Use age appropriate progressions to develop athletes to excel.

Cost

*All athletes are encouraged to participate, regardless of family financial position. If you need financial assistance, please contact Coach Messal (260)579-7989. All appeals for financial assistance are confidential.

- High School – \$100 for all 28 session **OR** \$5 per session (may pay as you go)
- Middle School – \$100 for all 28 session **OR** \$5 per session (may pay as you go)

Pay in cash or make checks payable to **Speed, Agility, and Strength LLC**

If you have questions, contact Tim Messal or Chad Zolman at:

Office: phone 431-2239

E-mail: tmessal@sacs.k12.in.us or czolman@sacs.k12.in.us

Please complete and return the registration on the reverse side of this document. YOU WILL NEED TO TURN IN A COMPLETED IHSAA PHYSICAL TO PARTICIPATE IN THE HIGH SCHOOL (not middle school) SAS PROGRAM. High School participants should also turn in a Concussion/Cardiac Arrest Form and a Random Drug Testing Form.

SAS Registration Form

Circle one: **High School** **Middle School**

Name _____ Parents/Guardians _____

Grade Entering 2019-2020 _____

Address _____ City _____ Zip Code _____

Phone: _____ Alternate/Emergency Phone: _____

Athlete's Cell Phone: _____

E-Mail _____ T-Shirt Size (Adult) ___XXL ___XL ___L ___M ___S

Please sign this statement:

The above named student has my permission to participate in the Homestead Speed, Agility and Strength Program. I also understand that there is an assumed risk present when participating in a speed and strength program. I understand that Speed, Agility and Strength LLC, Homestead High School and the coaching staff are not liable for any injuries, damages, or related expenses sustained during the program.

Parent/Guardian Signature _____

Date _____

Please retain any information you need from the front of this sheet and return the registration with your payment to Coach Zolman or Coach Messal. You may have your athlete personally deliver it, or you may mail it to the following address.

Homestead High School
Attn: Chad Zolman
4310 Homestead Road
Fort Wayne, IN 46814