

Registration Form

Name: _____

Grade Next Fall: _____

Address: _____

City: _____ Zip: _____

Phone: _____

Cell: _____

X _____

Parent / Guardian Signature

Cost: \$100

Please make check payable to Pierz
ISD 484 and return with this
registration form to the business
office in the high school.

**REGISTRATION DEADLINE IS
FRIDAY MAY 18TH!**

Sport Schedule

Monday

Boys Golf
Girls Golf

Tuesday

Boys Basketball
Wrestling
Tennis

Wednesday

Girls Basketball
Dance

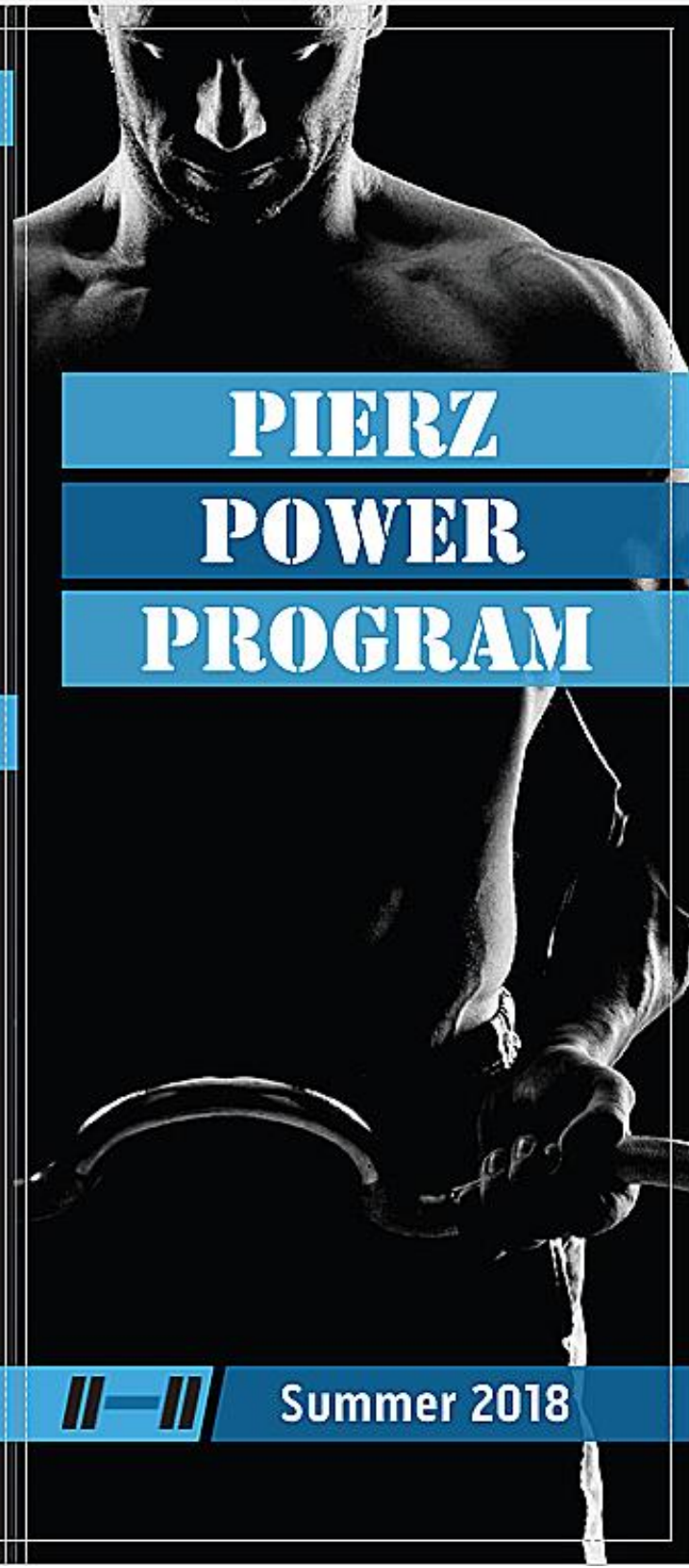
Thursday

Football
Volleyball
Cross Country

Program Coaches

Steph Andres
Marcus Artner
Corey Egan
Andrew Hadrich, PT
Kim Horning
Craig Johnshoy
Joe Kahl
Jessica LeBlanc
Andy Leidenfrost
Kelsey Meyer, PT
Jeremy Payne
Dylan Pittman

Matt Poepping
Joe Pohland
Leo Pohlkamp
Dave Rocheleau
Danny Saehr
Kelly Sauer
Jaime Strohmeier
Sandy Tautges
Skip Toops
Breck Weber
Rey Zimney



PIERZ POWER PROGRAM



Summer 2018

A BRAND NEW PROGRAM

By combining weightlifting, cardiovascular endurance, plyometrics, agility, and core stability, the *Pierz Power Program* improves whole body strength, athleticism, and reduces risk of sports injuries. Coaching Staff from Pierz High School and Physical Therapists from Select Therapy will be present at every session!



PROGRAM DETAILS

Dates: June 4th through July 31 (no class week of July 4th)

Days: Athletes will have 4 days of professionally designed exercise classes per week! Classes will be Monday through Thursday

Class Times: 7:00 - 10:00am. Athletes will participate in Sport Specific Skills from 7-8am then work on Weights, Conditioning, and Agility from 8-10am

Location: Pierz High School Fitness Center

Participants: Open to all male and female athletes going into grade 7 - 12 in 2018/19 school year

Cost: \$100 for the entire program!

Program Specifics:

- Physical performance testing will be performed at the beginning and end of the class.
- 100% supervised - Pierz Coaches and Physical Therapists from Select Therapy will instruct all exercise classes (no "open weight room time" with minimal structure or supervision).



PIERZ POWER PROGRAM GOALS

- Build strength
- Improve athletic performance
- Reduce risk of injury
- Increase vertical
- Maximize speed, agility, power, and explosiveness
- Professional and structured training environment
- Avoid multiple trips to school (Athletes done with sports practice and lifting by 10:00am)

Program Professionally Designed By:



Register today at the Pierz District Office

For more information call 320-468-6458 ext 1914