



Skutt Catholic High School

2011 Summer Weight Room

Registered Skutt Catholic Students Only

Please send in your permission slip and money as soon as possible
Incoming freshmen orientation Wednesday, June 1st 5:30 - 7:00 p.m.

*Weight Room Hours: Monday - Friday 8:00 a.m. - 10:00 a.m.
 Monday - Thursday 5:30 p.m. - 7:00 p.m.*

DATES

Monday, June 6th - Friday, July 29th
 8 total weeks/40 possible lifting days

COST

\$40 per student, for the entire summer. This fee will provide each athlete a SkyHawk Power T-shirt, pay for supervision, and be used to purchase new equipment for the weight room.

GUIDELINES

Coaches will sign-out athletes upon completion of their workouts.

- Athletes need to practice self-disciplined skills as they would during the school year. It is possible to lose the weight room privilege (without refund) through inappropriate actions.
- Athletes need to conduct themselves in a safe manner while in and around the weight room.
- The use of inappropriate language will not be tolerated.

*Register on-line at www.skuttcatholic.com OR
 complete the form below and return it with your payment (make check out to Skutt Catholic) to:
 Summer Weight Room Program
 Skutt Catholic High School
 3131 S 156th St, Omaha, NE 68130*

Players Name: _____

Parent/Guardian's Name: _____

Address: _____ City: _____ St: _____ Zip: _____

Home Phone: _____ Secondary Phone: _____

In the event a parent/guardian cannot be reached, please contact the following:

Contact name & relationship to student: _____

Contact Phone: _____

If your child has any special medical needs, explain on the back of this sheet.

I certify that my child has permission to attend the 2011 Summer Weight Room and has been cleared by a physician to participate. We understand that participation in the Skutt Catholic summer weight room program could result in an injury of some type. The severity can range from minor cuts, bruises, sprains, strains, tendon damage, or more catastrophic injuries to the head, neck, or spinal cord. Even with the best coaching and supervision, the use of the best protective equipment, and a strict observance of rules, injuries are a possibility. We agree on behalf of ourselves, the child named herein, or our heirs, successors, and assigns, to hold harmless and defend Skutt Catholic High School, its officers, directors and agents, and the Archdiocese of Omaha and representatives associated with the weight room supervision, from any illness, injury, or cost of medical treatment, arising from or in connection with the student's (named above) participation in the weight room activities, that is not the result of intentional neglect or willful or wanton misconduct by the school, its agents, representatives or employees.

We have read and agree to abide by the guidelines for participating in the summer program. We understand that failure to follow those guidelines could result in the loss of the privilege to participate in the program.

Parent/Guardian Signature: _____