ZEHS PRESENTS THE EDGE SUMMER 2018

The EDGE is a positive and intense summer speed, agility, and strength program that is designed and run by Zeeland East coaches to help our athletes prepare for their upcoming sports during the school year. The EDGE is designed to make all participants better athletes, regardless of the sports they participate in. It combines speed & agility work with a highly successful strength program. The Zeeland East EDGE program is a nationally recognized summer conditioning program.

This marks the eleventh year that the Zeeland East athletic staff will host The EDGE. It has exploded from a four week program that met twice a week in 2007 to a five week program that meets three times a week.

This year's EDGE is just $90 at a cost of under $6 per work out. You could take your money somewhere else or pay less for more and be trained by the very coaches our athletes will be playing for throughout the year.

This year the program will run Monday, Tuesday, and Thursday mornings. Each session will include strength, speed, and agility work taught and developed by nationally recognized Zeeland East Coaches. This summer will incorporate our Chix Power Olympic weight lifts, Nike Sparq training, and cutting edge speed & agility drills.

*The Edge includes 15 total training sessions and a t-shirt.

EDGE Sessions

Monday/Tuesday/Thursday - June 11-28 & July 9-19

Football Players Grades 9-12	**7:00 AM-9:00 AM**
Grades 6-8 Boys	**9:00-10:00AM**
Ladies EDGE Grades 7-12	**10:00 AM-11:00 AM**

ZEELAND EAST EDGE REGISTRATION

ATHLETE'S NAME_____

GRADE IN FALL 2018 (circle one) 7 8 9 10 11 12

ADDRESS_____
STREET CITY ZIP CODE

PHONE NUMBERS_____ _____
Parent Home/Cell Athlete's Cell

T-Shirt Size (circle one) S M L XL XXL (adult sizes)

I certify that my child is in good health and able to participate in all athletic events. I hereby release, the camp and its coaches from injuries incurred during the EDGE. I delegate the coach to seek and obtain any necessary medical care and treatment in the best interest of my child's health.

Parent or Guardian Signature:

X_____

$90 PD:_____

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