

ATTENTION SCHOOL ATHLETES!

Everything
That **EVERY**
Athlete
Needs!



S U M M E R

B.L.A.S.T.

Biomechanical Learning And Stability Training

- Speed**
- Footwork**
- Core Strength**
- Flexibility**
- Balance**
- Power Moves & Lifts**
- Muscular Strength**
- Endurance**

Mondays & Wednesdays 9 - 10:30am

with Amanda!

July 11th - August 10th

Meet @ the track

Please bring a water bottle, wear appropriate
workout clothes & sneakers!

FREE for all athletes entering grades 7 - 12

VILLAGE FITNESS

3 West Avenue, LeRoy NY • (585) 768-4550 • villagefit.com





Student-athletes and parents,

If we have not already met through sports seasons my name is Amanda Sheflin and I am one of the Athletic Trainers for LeRoy Central School District provided by LeRoy Physical Therapy. I will be continuing the summer Strength and Conditioning program as it has helped to reduce the severity of injuries and preseason issues such as muscle strains, soreness, fatigue, and even heat related problems. Proper strength training will increase muscle fiber recruitment and flexibility which will allow for athletes to react quickly and safely when placed in a potentially dangerous position. I am interested in the total well-being of student-athletes which includes helping them reach their potential physically and mentally. It will provide an opportunity to learn that hard work is gratifying. The extra effort does make a difference whether it is in sports, in the work place, or with family. The athlete will be satisfied with the results provided that they put the effort in. This is a great opportunity for student-athletes of LeRoy Central School District to take advantage of. I am looking forward to working with everyone!

Amanda Sheflin ATC

Details, Rules, and Expectations

- Opportunity for LCSD student-athletes entering 7th grade -12th grade
- Starting July 10th - Aug 9th training will be at the Track
- Monday and Wednesday's 9 – 10:30am
- Strength training utilizing the weight room – Conditioning training utilizing the track and grass fields
- The workouts will be progressively more challenging as the weeks pass
- Students attending must participate in the workout program provided or a program of their own as long as they clearly document their performance
- Students will be expected to give full effort or will be asked to leave
- Students are NOT welcome for purely social reasons

Release form below must be given to Amanda on the first day of attendance

~~Relevant Medical Conditions or Allergies that we should be aware of:~~ _____

**Participant Information and Release Form
Release of Liability**

As with any sports conditioning program, there exists a risk for injury. It is advisable that the athlete receive a physician's approval to participate. An athlete should not participate if they experience any joint pain or swelling as a result of activity. Batavia City School District and LeRoy Physical Therapy will not be held liable for any injuries incurred while attending this program.

I have read and agree to the stated release of liability and details, rules, and expectations.

Participant's Name _____ Age _____ Cell Phone # _____

Participants Signature _____

Parent/Guardians Signature _____

Emergency Contact Name _____ Emergency Contact Phone # _____

