



STRENGTH AND CONDITIONING
PROGRAM @ BELLEVUE HIGH
SCHOOL

MONDAY, WEDNESDAY &
FRIDAYS 3:45-5:15PM

3 SESSIONS AVAILABLE
(WINTER, SPRING, SUMMER)

2 TRAINERS FROM DM
ATHLETICS 3X A WEEK @ BHS!

Winter- Jan 4th – March 3rd

Cost- \$258

Spring- March 6th – May 26th

Cost- \$405

Summer- June 5th – August 11th

Cost- \$369

DM ATHLETICS

STARTING JAN 4TH, 2017 @ BELLEVUE HIGH SCHOOL WEIGHT ROOM

Here is an opportunity for private group training from professional trainers such as **Donny Mateaki** and others from **DM Athletics**. Costs include private group training sessions (each 1.5 hours in length) three times a week @ Bellevue High School as well as equipment use and enhancement. **To sign up today, please go to the athletic office or email: mcdaniella@bsd405.org.**

PAYMENTS:

MUST BE MADE PRIOR
TO ATTENDING
SESSIONS.

PLEASE MAKE
PAYMENTS TO SCHOOL
ACCOUNTANTS





**BELLEVUE HIGH SCHOOL
STRENGTH AND CONDITIONING PROGRAM
SIGN UP FORM**

First Name: _____ Last Name: _____ Student ID #: _____

Grade: _____ Sports: _____

Phone Number: _____ Email Address: _____

Parent Name: _____ Parent Phone: _____

Physical on file with Bellevue High School: YES expires: _____ NO

Emergency Contact Information:

Name: _____ Relationship to Student: _____

Phone Number: _____ Alt. Phone Number: _____

Medical Alerts: YES if you marked yes, please explain below. NO

Sessions:

Winter- Jan 4th – March 3rd
Cost- \$258
(NO training over Mid-Winter Break)

Spring- March 6th – May 26th
Cost- \$405
(NO training over Spring Break)

Summer- June 5th – August 11th
Cost- \$369

Total Cost:

\$ _____

All payments must be made to Bellevue High School accountant prior to attending the training sessions (starting Jan 3rd).