

Cross-Training Program

Starting Monday, January 2, 2012

Old Rochester High School Athletics in cooperation with Old Rochester Youth Football and Cheerleading (ORYF) will be offering a **FREE** strength and agility program for Jr. High School aged students from the Tri-Town. This program is **open to all students** – there is no requirement that you be a participant in ORYF.



The program will run **5:30 – 6:30 PM Monday and Wednesday nights** at Old Rochester High School and will be based on the Bigger, Faster, Stronger Program (www.biggerfasterstronger.com). The program will be coordinated by qualified adult volunteers.

ORYF will provide free t-shirts as well as sponsor a prize raffle for children who participate in the program.

No matter what your sport this is a great way to train and condition. **Emphasis will be on learning safe and proper technique for weight, strength, and agility training in a controlled and supervised environment.**

Opportunities for additional speed and conditioning training sessions will also be available.

So that we can anticipate numbers, please **register** ahead of time for the program by emailing your name, telephone number, and t-shirt size to info@oryf.com, subject line: BFS.

Please bring a signed copy of the permission form (on the back of this flyer) with you to the first session.

Extra copies of this flyer are available online at www.oryf.com.

PARTICIPANT PERMISSION FORM

I, _____, as the parent or legal guardian of the child named below, realize that participation in any athletic program may involve the potential for injury. I also acknowledge that even with the best coaching, use of advanced protective equipment, and strict observance of rules, injuries are still a possibility. I represent that my child has adequate insurance coverage to address injuries sustained as a result of participation, and I hereby release, indemnify, and hold harmless the sponsoring organizations of this program, their agents, employees, and volunteers, from any claims arising out of my child's participation in this program.

In the event my child is injured during participation in this program I authorize the sponsoring organizations to secure emergency medical treatment for my child.

I give my child, _____, permission to participate in the Cross Training/Bigger Fast Stronger Program for the 2011-2012 academic year.

Date: __/__/20__

Signature