



Panther Power 2021

What You Need to Know About Panther Power

- A first class athleticism training program that focuses on strength, speed and agility
- For GPL students entering grades 9-12 in the fall of 2021 who are serious about becoming better athletes and raising the bar for GPL athletics
- Held during the summer on Monday-Friday mornings from 9:00-10:00am and evenings from 8:00-9:00pm (exact schedule attached)
- Will use highly regarded PLT4M (Platform) program, students will have access to workouts and report progress using the PLT4M phone app
- GPL coaches will lead onsite sessions
- Cost is \$40 per onsite participant and \$20 per offsite participant (includes T-shirt)
- Kickoff training sessions for student-athletes will be held on Thursday, May 6 at 7:00pm and Saturday, May 15 at 9:00am

Registration Form

Detach and return to GPL with payment by May 3. Payment can be made to GPLHS.

Name _____ Grade in 2021-22 _____

Father/guardian's name _____ Phone number _____

Email address _____

Mother/guardian's name _____ Phone number _____

Email address _____

Program type (circle one): onsite-\$40 remote-\$20

T-shirt size (circle one): YL AS AM AL AXL AXXL

Training session date (circle one): Thu 5/6 Sat 5/15

Description of special medical or physical conditions of which we need to be aware:

Emergency contacts other than parents:

#1 Name _____ Phone number _____

#2 Name _____ Phone number _____

Athlete commitment: I will sign up for each session I attend and work hard to grow as an athlete.

Student's signature _____ Date _____

Parent's signature _____ Date _____