

# Attention Out of Season Players...



## MENLO-ATHERTON CONDITIONING WORKOUTS

**Get stronger, faster, healthier, and feel better inside and out...**

**WHEN:** Every Tuesday and Thursday (starting August 27<sup>th</sup>) from 4:00-6:00pm.

**WHO:** All boys and girls from 10 years old and up...even if you don't play in a sport!

**WHERE:** Menlo-Atherton High School, blacktop by Trainer's Office

**WHAT:** Instruction from Menlo-Atherton High School coaches.

Stretching	Speed training	Yoga
Weight training	Flexibility work	Diet/nutrition
Strength training	Cardio	Injury prevention

**COST:** Free

**CONTACT:** Steven Griggs @ [nyjapman@sbcglobal.net](mailto:nyjapman@sbcglobal.net) or **just show up!**

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**Fill out below for coaches to keep on copy.**

Name of Player: \_\_\_\_\_

Age: \_\_\_\_\_ School attending: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

Emergency contact information: \_\_\_\_\_

I, \_\_\_\_\_, understand that conditioning is a physical activity and sometimes injuries occur. I will not hold M-AHS or staff personnel liable for any injury that may occur to my daughter(s)/son(s) \_\_\_\_\_, at the conditioning workouts. I also grant permission for the people in charge to seek/administer medical help for any injury that may occur. I understand that I will be notified of any injury as soon as possible.