



Mary's Fitness Summer Youth Academy

Summer Strength and Conditioning

Focus Areas

- Proper Lifting Technique
- Athletic Development
- Strength Training
- Speed and Agility Development
- FUN

Where: Mary's Fitness (T,Tr) and Lions Park (W)

What: 6 week Strength and Conditioning camp

When: T, W, and Tr - June 13th - July 20th

Who: All 7th-12th graders

All sessions coached by Mary Bushkuhl, CSCS and Patrick Cunningham, CSCS



2023 Summer Youth Academy Schedule

June

6/13 - 3:00 - 4:00 - Mary's Fitness
6/14 - 3:00 - 4:00 - Lion's Park
6/15 - 3:00 - 4:00 - Mary's Fitness
6/20 - 3:00 - 4:00 - Mary's Fitness
6/21 - 3:00 - 4:00 - Lion's Park
6/22 - 3:00 - 4:00 - Mary's Fitness
6/27 - 3:00 - 4:00 - Mary's Fitness
6/28 - 3:00 - 4:00 - Lion's Park
6/29 - 3:00 - 4:00 - Mary's Fitness



July

7/4 - NO SESSION. Happy 4th!!
7/5 - 3:00 - 4:00 - Lion's Park
7/6 - 3:00 - 4:00 - Mary's Fitness
7/11 - 3:00 - 4:00 - Mary's Fitness
7/12 - 3:00 - 4:00 - Lion's Park
7/13 - 3:00 - 4:00 - Mary's Fitness
7/18 - 3:00 - 4:00 - Mary's Fitness
7/19 - 3:00 - 4:00 - Lion's Park
7/20 - 3:00 - 4:00 - Mary's Fitness (Last Day!)



Summer Youth Academy

6 Week Strength and Conditioning

Registration Form

Name: _____ Age & Grade: _____

Phone Number: _____ Email: _____

Emergency Contact (relation): _____ Emergency Contact Number: _____

Waiver: To participate in the Youth Academy, offered by Mary's Fitness, LLC; I do hereby waive, release and discharge Mary's Fitness, LLC, and its representatives and others acting on their behalf from any and all claims of liabilities for injury or damages to my person and/or property including those caused by negligent act arising out of or connected with my participation in this clinic. I understand that failure to comply with the rules of the Academy may result in expulsion from the Academy and forfeiture of entry fees. I grant by irrevocable permission to Mary's Fitness, LLC, to use my name, any photographs, video tapes, recordings or any records of my participation in this clinic.

Printed Name: _____ Date: _____

Signature of parent or guardian for participant under 18 years old: _____

(Make checks payable to Mary's Fitness. Drop off entry plus payment or mail to: Mary's Fitness, 1951 Bluegrass Circle, Cheyenne, WY 82009) Payment may also be made at marysfitnesscheyenne.com

Cost and Signup info

Please return this form with payment and indication of sessions (below) signing up for.

Full Session (6 weeks) -- 340.00

(Half) Weeks 1-3 -- \$210.00

(Half) Weeks 4-6 -- \$210.00

Weekly Option -- \$75.00