



Summer Satellite Program

Program Goals & Objectives:

Speed Training * Agility Training * Plyometric Training

Program Location:
Luverne Middle School Gym – Area Athletes

Session Time:

7 – 8:30 a.m.

Dates & Days:

June 22 – July 31, 2009

Monday, Wednesday, Friday

(Registration Deadline – June 12, 2009)

Registration Fee: \$75

For more information call (507) 283-4724

(MUST BE A MINIMUM OF EIGHT PARTICIPANTS)

Designed for student athletes who attended grades 9 – 11 during the past school year.

LUVERNE POWER

Name: _____ Phone: _____ Age: _____ Sex: **M F**
(Please Circle)

Address: _____ City: _____ ST: _____ Zip: _____

T-Shirt Size: **S M L XL XXL** *(Please Circle)*

Registration Fee: \$75 Mail to: Luverne Community Ed, 709 N. Kniss Ave., Luverne, MN 56156

Signature of participant, parent or guardian (if under 18)

Date

HEALTH QUESTIONNAIRE

1. School/Occupation: _____

2. Sport/Interests: _____

3. Position(s) Played in Sport: _____

4. Birthdate: ____/____/____ 5. Height: _____ 6. Weight: _____

7. Clinic: _____ Phone #: _____

8. Doctor: _____

9. Have you ever been diagnosed with any of the following?

- | | | |
|---|---|--|
| <input type="checkbox"/> Coronary Heart Disease | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Rheumatic Heart Disease |
| <input type="checkbox"/> Stroke | <input type="checkbox"/> Congenital Heart Disease | <input type="checkbox"/> Epilepsy |
| <input type="checkbox"/> Heart Murmurs | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Hypertension |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Seizures | <input type="checkbox"/> Angina |

Other, please explain: _____

10. Do you have any of the following?

_____ Back Pain

_____ Joint, tendon, or muscular pain

_____ Lung disease (asthma, emphysema, other)

Please explain: _____



11. Have you experienced chest pain due to physical activity? Yes No

12. Have you experienced chest pain within the last month? Yes No

13. Have you lost consciousness or fallen due to dizziness? Yes No

14. Are you under a doctor's supervision for any illness or physical condition that

may affect your ability to exercise? Yes No

Condition: _____

15. Are you pregnant? Yes No

16. Please list any medications you take on a regular basis: _____

I hereby consent to having my child/active adult participate in the POWER Athletic Enhancement program. I understand that there are risks involved in such participation and relinquish Sanford USD Medical Center & Sanford Wellness Center from all liability. If my child/active adult has a pre-existing injury or medical condition, a written clearance from our physician is required before my child/active adult can participate.

Parent's or Guardian's Signature (if under 18): _____

Home Phone: _____ Work Phone: _____

Athlete's Signature: _____

Active Adult's Signature: _____