



GREENFIELD CHAMPIONS CLUB



"THOSE WHO STAY WILL BE CHAMPIONS"

Coach Sherman will be hosting Champions Club for athletes of all sports (boys & girls) from Kindergarten-8th Grade. By participating athletes will take part in activities that teach:

- o Flexibility*
- o Balance*
- o Agility*
- o Proper Weightlifting Form*
- o Correct Running/Sprinting Form*

Sessions will be held on Tuesday and Thursday evenings from 6:30-8:00 PM in the Greenfield-Central High School weight room and athletic facilities beginning on April 3, 2018 and ending on May 17, 2018.

Cost of participation is \$20 per athlete.

If you have an athlete or athletes that would like to participate, please list their name(s) below along with their grade level and a parent/guardian email and phone number. Please turn this form in to the athletic office at GCHS. This information may also be emailed to Coach Matt Norris at mnorris@gcsc.k12.in.us

Make all Checks Payable to Greenfield-Central Athletics.

Athlete: _____ T-Shirt Size: _____

Parent/Guardian: _____

Email: _____ Phone: _____

If you have any questions, contact Coach Norris at mnorris@gcsc.k12.in.us

PARENTS WILL NEED TO SIGN A WAIVER AT THE ATHLETES FIRST SESSION OF PARTICIPATION.