



**Skutt Catholic High School**  
**2017 Summer Weight Room**  
*\*Registered Skutt Catholic Students Only\**

**Please send in your permission slip and money as soon as possible**  
**Weight room orientation for incoming freshmen Wed., May 24th. Pick one time: 3-4 p.m. or 4-5 p.m.**

*Weight Room Hours: Monday - Friday, 8 - 10 a.m.*  
*Monday - Thursday, 5:30 - 7 p.m.*

**DATES**

Mon., June 5 - Fri., July 28  
 8 total weeks/39 possible lifting days  
 Closed Tues., July 4

**COST**

\$50 per student, for the entire summer. This fee will provide each athlete a SkyHawk Power T-shirt, pay for supervision, and be used to purchase new equipment for the weight room.

**GUIDELINES**

Athletes will sign in and out of the weight room each day.

- Athletes need to practice self-discipline skills as they would during the school year. It is possible to lose the weight room privileges (without refund) through inappropriate actions.
- Athletes need to conduct themselves in a safe manner while in and around the weight room.
- The use of inappropriate language will not be tolerated.

*Register on-line at [www.skuttcatholic.com](http://www.skuttcatholic.com) OR  
 complete the form below and return it with your payment (make check out to Skutt Catholic) to:  
 Summer Weight Room Program  
 Skutt Catholic High School, 3131 S 156th St, Omaha, NE 68130*

Participant's Name: \_\_\_\_\_ T-shirt Size (Circle One): AS AM AL AXL A2X

Parent/Guardian's Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

**In the event a parent/guardian cannot be reached, please contact the following:**

Contact name & relationship to student: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

*\*If your child has any special medical needs, explain on the back of this sheet.\**

I certify that my child has permission to attend the 2017 Summer Weight Room and has been cleared by a physician to participate. We understand that participation in the Skutt Catholic summer weight room program could result in an injury of some type. The severity can range from minor cuts, bruises, sprains, strains, tendon damage, or more catastrophic injuries to the head, neck, or spinal cord. Even with the best coaching and supervision, the use of the best protective equipment, and a strict observance of rules, injuries are a possibility. We agree on behalf of ourselves, the child named herein, or our heirs, successors, and assigns, to hold harmless and defend Skutt Catholic High School, its officers, directors and agents, and the Archdiocese of Omaha and representatives associated with the weight room supervision, from any illness, injury, or cost of medical treatment, arising from or in connection with the student's (named above) participation in the weight room activities, that is not the result of intentional neglect or willful or wanton misconduct by the school, its agents, representatives or employees.

We have read and agree to abide by the guidelines for participating in the summer program. We understand that failure to follow those guidelines could result in the loss of the privilege to participate in the program.

Parent/Guardian Signature: \_\_\_\_\_