

SEAMAN VIKING STRENGTH AND CONDITIONING



SUMMER 2019

9:15 AM – 10:30 AM

June 3– July 18 Monday through Thursday

(KSHSAA Dead Week: No conditioning July 1-4)

Seaman High School will offer a strength and conditioning program for all student-athletes entering grades 7-12. The cost of this program is \$45. This fee includes a t-shirt and secondary insurance. Male student-athletes will be working with Coach Cox, while female student-athletes work out with Coach Schafer.

If you have any questions, please contact:
Coach Craig Cox or Coach Tatiana Schafer at
286-8300 (Seaman High School), or by email at
ccox@usd345.com, or tschafer@usd345.com

Please complete the form and payment by May 17 to:

Seaman High School
Attn: Tatiana Schafer
4850 N.W. Rochester Rd
Topeka, Kansas 66617

Please send cash or check made payable to: Tatiana Schafer

Name: _____ Grade (2019-20): _____

Address: _____ Gender: _____

Emergency Contact: _____ Number: _____

T-shirt Size: (circle) S M L XL XXL (Adult Sizes)

Parent Signature: _____ Date: _____