

REGISTRATION DUE MAY 25, 2018

PLEASE FILL OUT AND DROP OFF
(OR MAIL) REGISTRATION AS SOON AS
POSSIBLE TO PRAIRIE FARM HIGH
SCHOOL OFFICE.

NAME _____

ADDRESS _____

CITY _____ ZIP _____

HOME PHONE _____

CELL PHONE _____

GRADE: _____ (Entering)

(CIRCLE ONE) MALE / FEMALE

ALL LIABILITY FOR INJURY OR
OTHER CLAIM IS FORFEITED BY
THE PARTICIPANT AGAINST
PRAIRIE FARM HIGH SCHOOL AND
ANY PERSONNEL INVOLVED
WITH THIS CLASS.

PARENT'S SIGNATURE

STUDENT SIGNATURE

DATE _____

P- PANTHER
O- OPTIMAL
W- WORKOUT
R- REGIMENT

**“The mind is the limit. As long
as the mind can envision the fact
that you can do something, you
can do it as long as you really
believe 100 percent.”**

- Arnold Schwarzenegger

FACILITIES

PF Weight Room
PF Old Gym
PF New Gym
PF Track/Outdoors

-REWARDS-

**MENTAL TOUGHNESS
PHYSICAL TOUGHNESS**

2018



-DIRECTOR-

Yan White

July 9-Aug 23

**Improving Athletic
Performance**

**Boys and Girls
Entering Grades
6-12**

-MISSION STATEMENT-

A PRAIRIE FARM ATHLETE STRIVES TO DEDICATE THEIR HEART, MIND, AND BODY TO REALIZING THE POTENTIAL FOR GREATNESS IN THEIR TEAM, THEIR TEAMMATES, AND THEMSELVES.

Schedule

July 9th -Aug. 23st

-Weight Training/Workouts-

Monday-Tuesday-Thursday

Strength and Power

Speed and Agility

Plyometric and Flexibility

-Time-

6:30-8:00am

Individual Skill Development

Opportunity for athletes to work on sport specific skills as an individual/small group/Team

COST \$ = 0

***THE TIME YOU ARE WILLING
TO COMMIT TO
YOURSELF AND YOUR TEAM***

WHAT IS POW'R?

WORK ETHIC- Develop a work ethic that will benefit my team and help me realize my potential

AGILITY- Improve lateral quickness and foot speed

POWER- Become physically stronger and gain an advantage over other athletes

MENTAL TOUGHNESS- Improve your ability to overcome obstacles and challenges

TEAM UNITY- Train with teammates and form a bond that will transmit into the seasons

SCHOOL PRIDE- Hold your head high and START A rich tradition FOR PF Athletics



Instructor:

Yan White

White spent 8 seasons as UW-Stevens Point Head Assistant Wrestling Coach. He is in the National Wrestling Coaches Association Hall of Fame, as well as the UWSP Hall of Fame. White was UW-Stevens Point's Male Athlete of the Year in an individual sport in 2001 and 2003. Conditioning, Weight training, and Team Building were all big parts of his coaching role at UWSP.

Prairie Farm Athletic Mission Statement

PANTHER PRIDE

Believe in ourselves and never settle for less than what we can achieve. With desire and determination each individual needs to take the first step so WE can succeed. Through hard work and supporting each other with positive attitudes, we will be competitive and earn the respect of each other, our opponents, and our community.

Live with no REGRETS!