



The Quechan Wellness Center hosts:



2nd Annual

Strength and Conditioning For Athletes

Athlete's Name: _____ Age: _____

Grade entering: _____ Sex: Male/Female

Enrolled Tribal Member: Yes/No If yes, please specify tribe _____

Athlete's contact Number: Home/Cell: _____

Does athlete have any recent medical conditions (asthma, allergies, broken bones etc.)?

Yes/No

If yes, please specify: _____

Emergency Contact Information:

Contact Name: _____ Contact Number: _____

Assumption of risk:

I, the undersigned, give permission for my child to participate in the sports program conducted by The Quechan Wellness Center. I am fully aware of the dangers and possibilities of injury during any sporting event and release The Quechan Wellness Staff from any liability that may occur during this program.

Parent/guardian name (print) Date

Parent/guardian signature Date

Contact information:

Michael (Lewis) Throssell

Wellness Center Supervisor

760-572-4057

wellnesscenter@quechantribe.com

Open to youth boys and girls going into 6th grade through 12th grade.

Location: Quechan Diabetes Wellness Center
(1890-A San Pasqual School Rd, Winterhaven, Ca 92283)

Deadline: Friday June 9, 2017 (space is limited)

(Two) 3-week sessions:

- 1) June 12, 2017 to June 29, 2017
- 2) July 3, 2017 to July 6, 2017 - Break
- 3) July 10, 2017 to July 27, 2017

Days: Monday, Tuesday, Wednesday, and Thursday

Time: 7am to 9:30am

Cost: \$25 per athlete (Cash only)

Transportation is NOT provided

Program Goals:

- Speed, strength, and agility development
- Teach values of Discipline and teamwork
- Prepare for future participation in ANY SPORT
- Develop life-long exercise adherence
- Educate the importance of proper nutrition and hydration