



# **DAWG STRENGTH**

## **SUMMER WORKOUTS FOR ALL FREEMAN STUDENTS**

**WHO:** ALL BOYS AND GIRLS GRADES 7 - 12  
**FOCUS:** STRENGTH, CONDITIONING, AGILITY, and FLEXIBILITY  
**WHERE:** FREEMAN HIGH SCHOOL (WEIGHT ROOM, GYM AND FIELDS)  
**WHEN:** START DATE - MONDAY, JUNE 30  
END DATE - THURSDAY, JULY 31  
DAYS OFF - ALL FRIDAYS  
**TIME:** 7:00 - 9:00 A.M.  
**LEVELS:** BEGINNING, INTERMEDIATE AND ADVANCED  
**COST:** FREE!!

**INSTRUCTORS:** FREEMAN HIGH SCHOOL COACHES

**COME GET STRONGER, FASTER, AND MORE ATHLETIC.  
LETS HAVE SOME FUN THIS SUMMER WORKING HARD!**

**REGISTRATION FORMS ON FREEMANS D WEBSITE OR IN THE  
HIGH SCHOOL OR MIDDLE SCHOOL OFFICES.**

**QUESTIONS: CONTACT COACH MCKEOWN AT [MMCKEOWN@FREEMANS D.ORG](mailto:MMCKEOWN@FREEMANS D.ORG)**

# FREEMAN DAWG STRENGTH SUMMER WEIGHTS

PLEASE PRINT

Student Name: \_\_\_\_\_

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

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

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

Cell #: \_\_\_\_\_ 2025 - 2026 Grade: \_\_\_\_\_

Allergies or Medication: \_\_\_\_\_

Insurance Company & Doctor: \_\_\_\_\_

In case of emergency, the supervisor on site has my permission to obtain medical treatment for my child. I understand this activity is voluntary and my child's participation is not mandatory. In case of emergency, the supervisor on site has my permission to obtain medical treatment for my student. I understand the Freeman School District does not purchase or have medical/dental/hospitalization insurance to cover any injury while participating in this event.

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Parent/Guardian Signature and Date

