



# Lansing Conditioning

## Summer 2024



Mon / Tue / Thu – June 3<sup>rd</sup>, 2024 – August 1<sup>st</sup>, 2024. August is TBD.

HS Testing for grouping May 28-31, 10:30 am – 12:30 pm.

Rick Pollard [rick.pollard@usd469.net](mailto:rick.pollard@usd469.net)

	Start Time	End Time
All High School Boys Conditioning	6:30 AM	8:30 AM
HS Specific Sports Sessions	8:30 AM	10:00 AM
All High School Girls Conditioning	10:00 AM	11:05 AM
Middle & Elementary School—2 <sup>nd</sup> -8 <sup>th</sup> gr.	11:05 AM	11:50 AM
MS—M,T &TH; ES—T & TH		

\*\*\*KSHSAA Summer Moratorium – July 1<sup>st</sup> – July 7<sup>th</sup>

**\$40 / person. \$65 max / family**

The Lansing summer strength, speed and conditioning program is for all students at Lansing schools for grades 2<sup>nd</sup> – 12<sup>th</sup>. You do not have to be an athlete or a member of a sports team to attend. If you are a student athlete, the Lansing summer strength, speed and conditioning program will be designed to meet the needs and demands of your sports(s). The focus will be to improve your overall fitness level, injury prevention as well as just having fun!

### REGISTRATION FOR SUMMER 2024:

- <https://docs.google.com/forms/d/e/1FAIpQLSdSTK44Ke3YZPSsXabdup6ibwtuc16jSypQm0dTRdiwP8Y1mQ/viewform>

### PAYMENT OPTIONS:

--Payment may be made by cash, check, or online through Skyward Fee Management (**ONLY HIGH SCHOOL STUDENTS MAY BE PAID THROUGH SKYWARD**). If you are paying for more than one participant and one of those participants is in the high school, you may pay for all participants through the high school student's Skyward Fee Management.

\*ALL MONEY IS DUE ON OR BEFORE THE FIRST DAY OF ATTENDANCE AT CONDITIONING.

\*\*Scholarship opportunities are available. Please contact Coach Pollard.

### PAYMENT INFORMATION

FOR QUESTIONS OR INFORMATION – Rick Pollard

[rick.pollard@usd469.net](mailto:rick.pollard@usd469.net)

All checks/cash can be mailed or dropped off at the High School in advance or paid in person on the first day of conditioning.

Make checks payable to Lansing High School  
1412 147<sup>th</sup> St., Lansing, KS 66048

\*All money must be collected on OR before the 1st day of conditioning

NAME(s): \_\_\_\_\_ ADDRESS: \_\_\_\_\_

CITY/STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ AGE(s): \_\_\_\_\_

Phone (C): \_\_\_\_\_ Email: \_\_\_\_\_ Entering Grade(s): \_\_\_\_\_

**Payment:** 1 student--\$40      2+ students--\$65 (**circle one**)

**Shirt Size:** Youth S M L XL Adult S M L XL 2XL 3XL (**circle one**)

I understand that USD #469 and Staff will in no way be responsible for any lost articles or accidents during conditioning sessions. I hereby release, discharge, and/or indemnify the staff and associated personnel against any claims to damage that occur during my child's participation in these conditioning sessions.

PARENT SIGNATURE: \_\_\_\_\_