

WildKat Workout Acceleration and Power Program 2020



WildKat Workout Acceleration & Power Program

WWAP Program 2020

What are we offering?

- A chance to become bigger, faster, & stronger WITH YOUR TEAM
- 32 day Program for \$100
- A program that would free the days and nights of the summer so you can work and enjoy summer life
- A t-shirt and short package for each participant
- Performance drinks at the conclusion of workouts on select days
- Workouts and drills ran by coaches from our programs
- A program close to home
- A chance to become physically and mentally stronger
- A chance to become quicker, faster, and more agile
- A program that varies its components to avoid monotony

WildKat Workout Acceleration & Power Program

Please follow us on social media for reminders and updates:

 www.facebook.com/Wildkat-Workout-Acceleration-and-Power-Program

 @WiLdKatWAPP

Session 1: 6:00 A.M. – 7:50 A.M.

Session 2: 8:00 A.M. – 9:50 A.M.

Monday/Wednesday in White Lake

Tuesday/Thursday in Kimball

Friday see calendar

32 Days of Workouts

June 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 st Day 1 WL	2 nd Day K	3 rd Day 3 WL	4 th Day 4 K	5 th NO WORKOUTS	6 th
7 th	8 th Day 5 WL	9 th Day 6 K	10 th Day 7 WL	11 th Day 8 K	12 th NO WORKOUTS	13 th
14 th	15 th Day 9 WL	16 th Day 10 K	17 th Day 11 WL	18 th Day 12 K	19 th NO WORKOUTS	20 th
21 st	22 nd Day 13 WL	23 rd Day 14 K	24 th Day 15 WL	25 th Day 16 K	26 th NO WORKOUTS	27 th
28 th	29 th NO WORKOUTS	30 th NO WORKOUTS				
July 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 st No contact per SDHSAA rules	2 nd No contact per SDHSAA rules	3 rd No contact per SDHSAA rules	4 th No contact per SDHSAA rules
5 th No contact per SDHSAA rules	6 th No contact per SDHSAA rules	7 th No contact per SDHSAA rules	8 th Day 17 WL	9 th Day 18 K	10 th Day 19 K	11 th
12 th	13 th Day 20 WL	14 th Day 21 K	15 th Day 22 WL	16 th Day 23 K	17 th NO WORKOUTS	18 th
19 th	20 th Day 24 WL	21 st Day 25 K	22 nd Day 26 WL	23 rd Day 27 K	24 th NO WORKOUTS	25 th
26 th	27 th Day 28 WL	28 th Day 29 K	29 th Day 30 WL	30 th Day 31 K	31 st Day 32 WL	

- If you are filling out a paper copy, please keep pages 1 and 2 for the calendar and schedule of events and return pages 3 and 4 completed with \$100 fee on the first day of workouts. Also, be sure to text or call Will Gottlob (605-421-0222) to reserve your spot in a session ASAP!!
- If you are filling out the online google form, please print out and return page 3 (informed consent) with \$100 fee on the first day of workouts.
- **NO ATHLETE WILL PARTICIPATE UNTIL THE INFORMED CONSENT IS SIGNED AND RETURNED. NO EXCEPTIONS!**

WildKat Workout Acceleration & Power Program

Kimball/White Lake

WWAP Program

Informed Consent

The WildKat Workout Acceleration & Power program is a high intensity training program designed to develop and better an athlete's speed, power, strength, agility, balance, and quickness.

Please read the accompanying information regarding the evaluation process, equipment usage, program participation, additional policies and medical history. If you have any questions, please ask.

1. MY PARTICIPATION IS VOLUNTARY and I may withdraw at any time from the program. The benefits to be derived from participation in the program include knowledge of my athletic performance ability/fitness level. The benefits to be derived from participation in the program include the potential enhancement of my athletic performance/fitness level.
2. I understand that participation in the programs should not result in physical injury to me. However, I acknowledge the following: **IN THE EVENT OF PHYSICAL INJURY RESULTING FROM THE EVALUATION PROCEDURES, EQUIPMENT USAGE, OR TRAINING PROGRAM, NO MEDICAL TREATMENT OR MONETARY COMPENSATION WILL BE PROVIDED BY THE GROUP. I MUST FIRST LOOK TO MY OWN HEALTH INSURANCE POLICIES.**
3. I acknowledge that if I have any medical conditions that require special consideration that it is my duty to provide program facilitators all relevant information regarding said condition. I certify the information provided to be true and correct.

Additional Information

Training Fees and Program Length _____ Participant initials _____ Parent/Guardian initials

Training fees are to be paid IN FULL no later than June 1, and become NON-REFUNDABLE at that time. The program is designed to be completed in 8 weeks in order to achieve optimal results. If failure to complete the training program is due to injury and physician advice, and a professional physician's note is given, arrangements for compensation may be made. If failure to complete the training program is due to any other reason (including vacations, sports camps, jobs, etc...), **no refunds will be given.**

Facility Access _____ Participant initials _____ Parent/Guardian initials

In order to create an optimum training environment and ensure athlete and public safety, only athletes enrolled in the WildKat Workout Athletic and Power Program are allowed in the training area. For those parents, siblings, and friends choosing to accompany an athlete during his or her workout, we kindly ask that you remain in appropriate bleachers or lobby during the training session. This will not be a place for daycare or babysitting.

Athlete Respect and Attitude _____ Participant initials _____ Parent/Guardian initials

In order to create the best possible training environment, all athletes will treat the coaches as they would in any educational and athletic program setting. If there are any problems with respect or violations of these rules, the coaches reserve the right to end that day's session for any of the athletes involved. No refunds will be given for such occurrences.

Program Results _____ Participant initials _____ Parent/Guardian initials

Just like any athletic program, the WildKat Workout Acceleration & Power Program's results are ultimately based on the level of work ethic, nutrition, rest, and attitude of the athlete. The results an athlete has depends on what the athlete puts into the program. You get out of it, what you put into it. It may happen at times throughout the summer that you may have to leave a session early because of some personal choice or you may miss a session because of sickness or personal choice. Those things may happen, but we advise that you keep those such occurrences to a very minimum. Missing a session because of sickness or choice **will not result in any sort of refund.**

Signature of Participant

Printed Signature of Participant

Date

*The participant is under the age of 18 years. I have viewed the information provided and certify it to be true and correct. I represent that we currently have medical insurance and I consent to participating in evaluations and programs.

Signature of Parent or Guardian (if participant is under 18)

Date

WildKat Workout Acceleration & Power Program Registration

This program is designed for athletes that will be freshman-seniors in the school year of 2020-2021.

Athlete Name: _____ Parent(s) Name: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Parent Phone: _____ Athlete Phone (if applicable): _____

Birth date: _____ Grade: _____ School: _____

Session 1 runs from 6:00 A.M. – 7:50 A.M.

Session 2 runs from 8:00 A.M. – 9:50 A.M.

To participate in Session 1 check here []

To participate in Session 2 check here []

There is a maximum of 24 participants per session (due to facility sizes). This will be determined on a first to notify basis. First 24 participants to request a session will be in that session. If you are not using the online Google Form to sign up, please text or call Will Gottlob (605-421-0222) to reserve your spot in a session ASAP!!

Cost \$100 per athlete (no discounts for multiple family members participating). Checks made payable to: White Lake Athletic Boosters. Please note, service fees go straight to paying for material (equipment, T-shirt/shorts package, performance drinks) and instructor fees. Neither White Lake Athletic Boosters nor Kimball Athletic Boosters are making profit off this program.

Notable Program Dates:

1. **May 27 (Wednesday)** - Text or Call Will Gottlob (605-421-0222) letting him know which session you intend to participate in or fill out the online Google Form sign up sheet found on both Kimball and White Lake School Websites.
2. **June 1 (Monday)** – First day of workouts. This sign up sheet is due with participation fee (\$100). Please bring it to the first workout. **NO ATHLETE WILL PARTICIPATE UNTIL THE ABOVE INFORMED CONSENT IS SIGNED AND RETURNED. NO EXCEPTIONS!**

COVID-19 Precautions:

Due to the uncertainty of the COVID-19 pandemic, there will be refunds if needed. If the program is cancelled due to national, state, city, or school mandates, refunds will be administered based on date of cancellation. If cancelation occurs in June, \$75 will be refunded. If cancelation occurs in July, \$25 will be refunded.

Every athlete will receive a t-shirt, and shorts (please note sizes below), as well as performance drinks at the conclusion of the daily workout on occasions.

Shirt size _____ Short size _____