

Football Parents and Players,

It is my belief that the Summer Super Group program will play a direct role in helping to prepare the football players at Jefferson for the rigors of the Lake Conference. By starting a summer lifting program where all athletes will sign a contract committing them to the Super Group program, I feel that we will not only get bigger, faster, and stronger, but our Jefferson athletes will also develop a sense of work ethic and teamwork that will carry over into the football season. I have been involved with this program for 2 years now and it only keeps getting better!

The program is limited to 60 athletes per session in order to maximize the time those athletes will spend in the program. Group #1 is designated as football only and last year the spots went very quickly. It is my expectation that Group #1 will be filled by early 2010 so please don't delay in getting registered. The program will run from 9:00am-10:30am 3 days per week with time off over the Fourth of July week.

If you have questions about the Super Group program feel free to touch base.

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2010 TENTATIVE SUMMER SUPER GROUP DATES AND TIMES

GROUP #1 FOOTBALL PLAYERS	9:00-10:30 AM
GROUP #2 ALL OTHER ATHLETES	10:30-12:00 PM

****EACH SESSION WILL START WITH A 25 MINUTE SPEED/AGILITY WORKOUT
FOLLOWED BY A 60 MINUTE WEIGHT ROOM WORKOUT****

June:	14, 16, 18, 21, 23, 25, 28, 30
July:	2, 12, 14, 16, 19, 21, 23, 26, 28, 30
August:	2, 4, 6, 9, 11, 13 MAX OUT DATES

Cost for the 2009 Super Group will be \$80 for the entire summer. Checks should be made payable to **JAGUAR POWER**. We will have 24 meeting dates during the summer. That breaks down to less than \$3.50 per session!

During the Super Group time you will have access to the Jefferson outdoor and indoor track as well as the Jefferson Weight Room.

A reminder that each session is limited to 60 athletes so don't delay in getting your info in!!!

**2010 CONTRACT LOCATED ON THE BACK
OF THIS FORM**

SUPER GROUP CONTRACT

1. I WILL PUSH MYSELF AND MY TEAMMATES EVERY DAY IN SUPER GROUP.
2. I WILL NOT MAKE EXCUSES WHEN IT IS HOT OUTSIDE OR I AM TIRED. I REALIZE THAT MAKING EXCUSES WILL NOT HELP ME TO REACH INDIVIDUAL AND TEAM GOALS THAT I HAVE SET FOR THE UPCOMING SEASON.
3. I REALIZE THAT IF I SHOW UP RIGHT AT THE START OF MY SESSION THAT I WILL NOT BE READY TO START. I WILL SHOW UP 15 MIN PRIOR TO THE SCHEDULED START TIME TO STRETCH AND WARMUP WITH MY TEAMMATES. 10:30 REALLY MEANS 10:15. 9:00 REALLY MEANS 8:45. I UNDERSTAND THAT IF I SHOW UP ON TIME I AM ACTUALLY LATE.
4. I WILL BE SELF-MOVITATED IN THE SUPER GROUP PROGRAM.
5. I WILL BE A LEADER. VOCAL LEADER, LEAD BY EXAMPLE, OR BOTH.
6. I WILL BE A GREAT TEAMMATE. I WILL CHALLENGE MY TEAMMATES WHEN THEY NEED TO BE CHALLENGED AND SUPPORT MY TEAMMATES WHEN THEY NEED TO BE SUPPORTED. I WILL BE A GREAT TEAMMATE.
7. I WILL LEAVE THE ACTIVITY CENTER, TRACK AREA, WEIGHT ROOM, AND LOCKER ROOMS CLEANER THAN I FOUND THEM. IF I SEE TRASH I WILL PICK IT UP. IF I SEE WEIGHTS ON THE FLOOR I WILL PUT THEM IN THE PROPER SPOTS.
8. I WILL BE AN AMBASSADOR TO THE JAGUAR ATHLETIC PROGRAM IN THE BLOOMINGTON COMMUNITY.

ATHLETE PRINTED NAME: _____

CURRENT GRADE IN SCHOOL: _____

CURRENT SPORTS PLAYED: _____

ATHLETE SIGNATURE: _____

PARENT SIGNATURE: _____