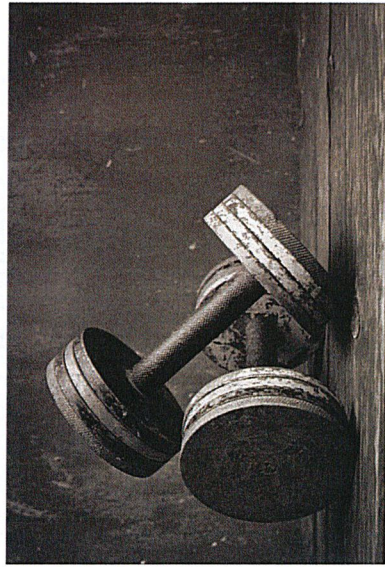




# Jr Iron Tigers



**3 DAYS A WEEK**

June 4<sup>th</sup> – August 1<sup>st</sup>

**Boys & Girls**

**Grades 5<sup>th</sup> – 8<sup>th</sup>**

**Sports Enhancement**

**Jr Iron Tigers**

Tuesday(s) 11:30 AM

Wednesday(s) 11:30 AM

Thursday(s) 11:30 AM

Speed, Agility, Footwork, Strength & Quickness

*“Are you waiting for your moment?  
Or? Are you TRAINING for your moment?”*

**FASTER!  
STRONGER!  
HIGHER!  
BETTER!**

**How Good  
Can You Be?**



## Jr IRON TIGERS – STRENGTH & AGILITY ACADEMY

Cost:                    **MEMBERS: \$175.00 (TAX INCLUDED)**                    **NON-MEMBERS: \$200.00 (TAX INCLUDED)**

Parent/Guardian Name \_\_\_\_\_ Contact Phone #: \_\_\_\_\_

Parent E-mail \_\_\_\_\_ Player Work Phone \_\_\_\_\_ Parent Cell \_\_\_\_\_

**In order to benefit from the JR IRON TIGERS workouts and program, attendance is essential. Individual results will vary. Once an athlete has started the program, refunds will not be issued.**

I, \_\_\_\_\_, parent/guardian of \_\_\_\_\_ am granting my permission for my daughter to participate in the IRON TIGERS with the understanding that the Nordby Center for Recreation, Huron School district, Carr Chiropractic Clinic, and all of the employees involved are not responsible should injuries occur to my child before, during or after this program. I understand there exist inherent and unforeseen risks involved. If injuries should occur, I give permission to the IRON TIGRS staff to treat injuries if needed.

Parent/Guardian Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

# Jr IRON TIGERS

Multi-sport athletes are **moving faster, jumping higher and becoming stronger** than ever before. Today's athletes are looking for ways to improve **speed, lateral speed, strength and explosive power**, to understand the movement of being a better athlete, and, to develop in all aspects.

'Jr Iron Tigers' is specifically designed to dedicate its efforts towards enhancing the players' athleticism in all areas with emphasis on **injury resistance**. This training utilizes methods which promote improvement in the athlete's vertical and jumping as well as in lateral quickness, which will lead to faster movements on the court.

We aim to make every athlete the best they can be. This eight-week training during the summer months is a serious approach with proven results from drills, repetitive muscle memory, repetitions, and injury resistance.

Confidence is gained through training. There is no substitute for preparation. This academy will prepare our athletes to their fullest potential for competition.



**BE A BETTER ATHLETE!** We will work hard so we can JUMP HIGHER, MOVE FASTER, BE MORE ATHLETIC, and "BE BETTER." There is no substitute for hard work, sweat and dedication. Together, we will strive to be stronger, quicker, and faster.

HOW GOOD **CAN** YOU be?

IN ORDER TO COMPETE AT A HIGH LEVEL, ONE MUST TRAIN AT A HIGH LEVEL

**With an experienced staff of Certified Trainers, Sports Medicine Doctors, ex-college athletes and our trained coaches, the commitment to prepare athletes for success and developing efficient and INJURY RESISTANT athletes is stronger than ever.**

## ATHLETICISM TRAINING

3 days a week: Tuesday, Wednesday, & Thursday

Strength, Power & Jump training

Speed, Agility & Quickness Drills



# Jr IRON TIGERS - STRENGTH & AGILITY ACADEMY

ALL PAYMENTS WILL BE MADE TO THE NORDBY CENTER FOR RECREATION

CONTACT THE NORDBY CENTER WITH ANY QUESTIONS

Player Name \_\_\_\_\_ Grade (2024-25) \_\_\_\_\_ 5 6 7 8 (Please Circle)

School \_\_\_\_\_ Email \_\_\_\_\_ Cell# \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Cost: MEMBERS: \$175.00 (TAX INCLUDED) NON-MEMBERS: \$200.00 (TAX INCLUDED)