

# 2023 Summer Speed and Strength



“ALL WE ASK IS ALL YOU GOT”

**Grades:**  
7-12 (2023-24 school year)

**When:**  
June 5 - August 3  
July 3-6 **OFF**

**Workout times:**  
Monday-Thursday  
10-12: 8:00am  
7-9: 9:30am

**Location:**  
Speed: Lester Prairie Practice  
Football Field  
  
Strength: LP Fitness Center

**Equipment needed:**  
Shorts, t-shirt, athletic shoes

**Cost: No Cost - we have  
received funding which  
allows us to offer this  
program at no cost this  
summer**

**\*\$15 for t-shirt (optional)**

**Please return to Coach Kapping or  
the School Office by Friday, May 19.**

**Name:** \_\_\_\_\_

**Next year's grade:** \_\_\_\_\_

**Parent name:** \_\_\_\_\_

**Parent phone:** \_\_\_\_\_

**\*T-shirt size: (Circle one)**

**S    M    L    XL    2X    3X**

**Cost for T-shirt \$15 - \*this is optional**

**Waiver clause:  
(Parent/Guardian must read and sign)**

I hereby acknowledge that my child is medically fit to participate in the Speed and Strength Camp. I authorize the coaches to secure any medical treatment deemed necessary and waive and release the coaches from any and all liability for any injuries.

**Parent/Guardian Signature:**

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