

2017 Cheshire Park & Rec

**Summer Strength & Conditioning
APPLICATION**

Name _____

Address _____

City _____ State _____

Phone: H _____

C _____

Date of Birth ____ / ____ / ____

Incoming Grade _____

In case of emergency call:

Name _____

Phone _____

Email _____

Circle One:

Code: 43400A Incoming 7th or 8th graders
Cost is \$150 (\$160 out of town) per athlete.

Code: 43400B Incoming 9th graders
Cost is \$200 (\$210 out of town) per athlete.

T-shirt size (circle one): M L XL XXL XXXL

Make checks payable to: Thomas Tuscano

Cheshire Parks & Rec. Strength & Conditioning Camp
559 South Main Street
Cheshire, CT 06410

**Cheshire Parks & Rec
Strength & Conditioning
Camp 2017**



For all incoming 7th – 9th graders

June 19 – August 8

(no July 3rd / 4th, just M/T second week in August)

Monday-Thursday
Incoming Grade 7 & 8: 7-8 AM
Incoming Grade 9: 7:30-9 AM

Camp Directors:

Thomas Tuscano and Frank Jawidzik

Sponsored by Cheshire Parks & Rec

203-272-2743

Code: 43400A Incoming 7th or 8th graders

Code: 43400B Incoming 9th graders

About the Directors

Coach Tuscano has lived in Cheshire, CT almost his entire life. He attended Cheshire Public Schools where he competed in football and track. Coach Tuscano is a graduate from the University of Connecticut (2009) and holds a Master's degree from the University of Bridgeport (2011). Since 2011, Coach Tuscano has been working as a math teacher at Dodd Middle School. He has been coaching freshmen football since 2010 and been very active in the team's lifting and conditioning programs during that time.

Coach Jawidzik is from Hillsborough, NJ. He attended high school there and competed in football and track and field. Coach Jawidzik is a graduate from the University of Rhode Island (2013), and holds a Master's degree from Fairfield University (2015). Mr. Jawidzik began teaching social studies at Dodd Middle School in 2013. He has been a Dodd track coach since 2014, a freshmen football coach since 2015, and a CHS indoor track coach since 2016.

As certified coaches, both Coach Tuscano and Coach Jawidzik are up to date on first aid, CPR, and concussion training.

Contact Information:

ttuscano@cheshire.k12.ct.us

Phone: 203-927-4662

Camp Details

Campers will be using the Cheshire High school facilities which include, but are not limited to the weight room (next to West Gym), West Gym, and the Athletic Field.

Cost: Incoming Grade below:

7th or 8th graders is \$150 (\$160 out of town)
9th graders is \$200 (\$210 out of town)

Campers should be picked up and dropped off at the CHS Weight Room

Athletes need: athletic shorts, t-shirts, sneakers, water bottle. Please save athletic drinks (Gatorade, Powerade, etc.) until *after* workouts.

Camp Philosophy

The number one priority of the Cheshire Strength & Conditioning Camp is to safely provide athletes with a foundation in the fundamentals of athletic training. This includes weight training, footwork, and conditioning. Improving each athlete's overall physical fitness is the main focus in the camp's training. Through hard work and perseverance, it is Coach Tuscano and Coach Jawidzik's goal to help athletes see improvements in both physical and emotional health.

Parent Release and Consent Form

The undersigned parent or guardian understands that the applicant will be engaged in a physical activity during the program which contains an inherent risk of physical injury and the undersigned assumes the risk, and releases the Cheshire Parks and Rec. Dept., Cheshire Parks and Rec. Strength & Conditioning Camp and its directors and staff from any and all liability for personal injury arising out of the applicant's participation in the Cheshire Parks and Rec Strength & Conditioning Camp.

I hereby grant permission for my son or daughter to attend the Cheshire Parks & Rec Strength & Conditioning Camp and to be treated by a licensed physician, athletic trainer, or clinic staff member during the event of an injury, illness, accident, or other mishap.

Parent Name (printed)

Parent Name (signed)

Date _____ / _____ / _____