

FLOYD CENTRAL HIGH SCHOOL

2019 SUMMER STRENGTH AND CONDITIONING

SIGN UP FORM

Please print clearly | Must be completed and submitted to the Athletic Department, or mailed to:

Floyd Central High School | 6575 Old Vincennes Road, Floyds Knobs, IN 47119

Student Name: _____ Birth Date: _____ Grade (Fall 2019): _____

Student Email: _____

Guardian/Parent Name: _____ Guardian/Parent Phone: _____

Indicate which FCHS sport(s) you expect to participate in for the 2019-2020 school year (check all that apply):

FALL

WINTER

SPRING

- Boys Cross Country
- Girls Cross Country
- Football
- Girls Golf
- Boys Soccer
- Girls Soccer
- Boys Tennis
- Volleyball

- Boys Basketball
- Girls Basketball
- Boys Swimming & Diving
- Girls Swimming & Diving
- Wrestling

- Baseball
 - Boys Golf
 - Softball
 - Girls Tennis
 - Boys Track & Field
 - Girls Track & Field
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2019 Summer Strength and Conditioning Information

Location: Floyd Central High School (Newly Renovated) Weight Room

Dates: June 3rd – July 26th (Excludes July 1st – 7th)

Days: TBD by Head Coaches and Weight Room Availability

Time: TBD by Head Coaches and Weight Room Availability

Cost: \$25 (Make Checks Payable to Floyd Central High School)

For more information, please contact Donnie Gumble, Strength & Conditioning Coach, 812-542-8504 ext. 3512