

Consent

I voluntarily consent to participate in Reedsburg Area Medical Center's Summer Conditioning Program. I understand I am participating in the Summer Conditioning Program at my own risk, and that not all exercises are suitable for everyone, and that this or any other exercise program may result in injury. Potential risks may include: musculoskeletal injuries, abnormal cardiovascular changes, heat exhaustion, and muscle cramps. In addition, the program benefits include: improved cardio-vascular function, increased strength, improved proper jumping and landing techniques, increased overall speed and endurance, and enhanced overall sports performance. I also understand that I can call RAMC's Physical Therapy Department at 768-6120 and have my questions answered or ask for further information.

Before I participate in the exercise program I will complete the health history form that accompanies this page. I fully understand the risk of injuries with these exercises I hereby release and agree to hold harmless RAMC; or any of the employees, physicians, and Board of Directors, from any and all liability or responsibility for any damages or injury suffered by me during my exercise program sponsored by RAMC.

I also authorize Reedsburg Area Medical Center, its affiliates, agents, or employees and/or attending physician to take photographs/videotapes for usage in publicity and/or public relations.

Turn in by June 8th via mail to RAMC Rehab Services,
2000 North Dewey Ave. Reedsburg, WI 53959 OR
email: mgalarowicz@ramhealth.org

Name: _____ DOB: _____

Address: _____

Parent Cell Phone: _____ Age: _____

Parent Email: _____

Emergency Contact: _____ Phone: _____

Doctor: _____ Insurance Carrier: _____

Sports: _____

Previous injuries/joint problems: Yes No Describe: _____

Surgeries: Yes No Describe: _____

Heart problems: Yes No Describe: _____

List medications: _____

Asthma: Yes No

Any known health conditions that will affect your participation in the Summer Conditioning Program? _____

Have you ever been told by a physician **NOT** to participate in a sports or exercise program? Yes No If yes, why? _____

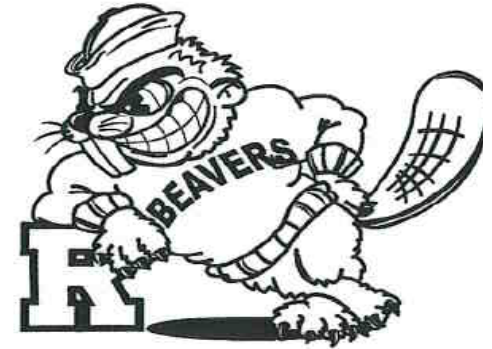
Parent/Guardian Signature: _____

Participant Signature: _____



Youth Summer Conditioning Program

"Training Smarter"



Presented by
Reedsburg Area Medical Center's
Rehab Team

This summer training program is for all kids 4th—8th grade. Instructors are licensed RAMC physical therapists, physical therapist assistants, athletic trainer and certified strength & conditioning specialist. They will teach you how to train smarter, and avoid injuries.



Program Description

- ◆ Enhance the athlete's overall sports performance
- ◆ Promote proper off-season training in athletes
- ◆ Prevent injuries that may occur in sporting events
- ◆ Teach proper jumping and landing techniques
- ◆ Decrease knee landing forces
- ◆ Improve knee control with jumping and landing
- ◆ Perform speed, agility and plyometric drills
- ◆ Condition the athletes for fall sports

Facts

Injuries can be prevented with proper training. Injuries occur because the athlete does not have the coordination, muscle strength, or balance to react immediately to situations. 1.35 million youths each year have a serious sports injury. According to the CDC, one-half of all youth sports injuries are preventable by proper training.

When/Where/Who/Cost

Dates: The following Tuesdays in June and July: June 12th, 19th, 26th, July 10th, 17th 24th

Time: 10:30 am—11:30 am

Place: Behind Webb Middle School or school gym (We will be outside weather permitting)

Who: Open to kids going into 3th—8th grades

Cost: FREE



2000 North Dewey Avenue
Reedsburg, WI 53959

RAMC: 608-524-6487
Rehabilitation Dept. 608-768-6120
Visit www.ramchealth.com/youth