

Summer 2020

WATERTOWN UNIFIED STRENGTH PROGRAM

Unified Strength will begin virtually on June 8, 2020. Once registered, you will be contacted by a teacher via your school email on how to sign up for the virtual program being used for summer.

*** Registration for classes should be completed online at the WUSD website on Skyward. There is no fee to participate in the virtual summer unified strength program this year. However, every participant will still need to turn in a signed liability form before he or she can participate in the class. ***

Unified Strength is available for all students entering 7th thru 12th grade in the 2020-2021 school year.

Watertown Unified Strength Teachers ~ Coaches from Watertown High School

[Benji Kamrath](#)

[Andy Cashin](#)

[Matt Meracle](#)

[Jennifer Cashin](#)

[Noah Gibson](#)

PROGRAM GOALS

The Watertown High School Summer Unified Strength Program offer students the opportunity to become better athletes through a sound workout program of both weight and speed training. Students who participate in this program will be better prepared to have success in their respective sports. The three goals of the program are:

- To give each athlete a greater chance to reach his/her potential.
- To help increase each athlete's self-confidence and self-esteem.
- To offer an opportunity for athletes to compete and work hard every day they attend a workout session.

QUESTIONS?

Please contact Andrew Cashin
cashina@watertown.k12.wi.us
or Amanda Ristow
ristowa@watertown.k12.wi.us



WATERTOWN UNIFIED SCHOOL DISTRICT

Watertown, Wisconsin

This form must be on file to ensure your son/daughter is allowed to participate in this activity.

LIABILITY WAIVER

Permission is hereby granted for: _____
Name of student

to participate in **Summer School 2020 Unified Strength**

as sponsored by **Watertown Unified School District**

beginning the week of **June 8, 2020**

It is understood that the students and parents will not hold the school district or its employees liable in case of student accident or injury while in participation. The supervisors will exercise all reasonable caution to protect your son or daughter from injury.

Signed waiver must be submitted before student will be allowed to participate!

(Student Signature) (Date)

(Parent/Guardian Signature) (Date)

Name and number of emergency contact:

Name _____

Phone _____

Relationship to student _____