



MADISON EAST HIGH SCHOOL

2222 East Washington Ave. Madison, Wisconsin 53704-5295 608.204.1600 www.mmsd.org

Alan Harris, Principal
Assistant Principals:
Bea Bonet
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Richard Rogness

Daniel A. Nerad, Superintendent of Schools

Students and Parents:

Madison East High School is proud to announce the offering of a summer training program to help improve the athletics and student wellness at East. Athletic Republic, a local performance sports training company, will be providing science-based training for students of all shapes and sizes and athletes from all sports. The program is open to 8th graders, incoming freshman, sophomores, juniors, and seniors interested in preparing for their next sport.

The program will take place Mondays, Tuesdays and Thursdays at East High. It will consist of speed, power, agility, strength, core, flexibility, and injury pre-hab training as well as conditioning. The program will be staffed by certified Performance Sports Specialists from Athletic Republic as well as Madison East coaches and alumni. Each participant will be supervised and taught proper training techniques and concepts to ensure safety and improvement.

We are offering 2 time slots, one for female students only and the other for male and female students. The female specific training slot is from 12:00noon to 1:30pm and will incorporate injury pre-habilitation training specific to the female athletes needs. The second slot starting at 1:30 and ending at 3pm will be just as rigorous and include injury pre-hab but will be geared more for the general athlete. The program will cost \$150 per person with the fee going towards equipment and trainer pay as well as a donation to East Athletics from Athletic Republic. Checks may be made out to Athletic Republic and turned in to the Athletic Office. A limit of 50 athletes at each session will be accepted. Registration deadline is Wednesday June 10th. Training begins June 15th and ends August 6th (8 weeks).

This program is open to all students interested in doing the most with their time and athletic potential. Remember: If you are interested in being a better athlete, you must put the time and effort in to being a better athlete.

You must outwork your competition!!!
See the attached flier for program details.
To contact Athletic Republic call 608-845-FAST (3278) or email info@athleticrepublicmadison.com
Any questions please feel free to call or email.

Yours in Athletics,

Dave Kapp CAA
Athletic Director
Madison East High School
608-204-1720
dkapp@madison.k12.wi.us

Cut and return bottom portion with FEE.

Name \_\_\_\_\_ Grade \_\_\_\_\_ Sport(s) \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Please choose your preferred time to train.
\*Note that if time slots are filled you will be placed in the next available time slot. First come first served.

A – 12NOON – 1:30PM (female athletes ONLY) \_\_\_\_\_ B – 1:30PM – 3:00PM \_\_\_\_\_

Unisex T-Shirt Size (circle one) SM MD LG XL XXL XXXL

\*\*\* Return to Athletic Office by Wednesday JUNE 10th. Checks payable to Athletic Republic.