

**PROPERTY OF
TRINITY
FASTER
ATHLETICS**



Are you looking for a summer workout program or to supplement to your workouts?

Join our injury prevention & performance enhancement program. Trinity Sports Medicine wants to keep you in the game!

Sign up today! Forms are available at www.trinityhealth.org/faster.

WHO

MHS Cheer Athletes

WHERE

MAYSA Dryland Training Room

WHEN

Tues. & Thurs.
8am-9am

STARTS

Tuesday, June 7th

Focus on injury prevention

Practice and apply

WIN!

COST

\$125



**TRINITY
HEALTH**



Who: MHS Cheer Athletes

Where: MAYSA Dryland Training Room

When: Tues. and Thurs. 8am-9am

Starting June 7th.

Cost: \$125

Questions? Contact Nicole nicole.love@ndus.edu or Darren (701)857-3491

To be registered the following must be turned in:

- Registration Form Medical History Form Signed Waiver Fee

Medical History form and Waiver can be found online:

www.trinityhealth.org/faster

Return bottom to Magic City Campus Athletic Training Room

Name: _____

Address: _____ City: _____

Zip: _____

Athlete Phone number: _____

I am entering grade _____ I am: Male Female Non-binary

T-Shirt size (adult): SM MED LG XL XXL

I participate in the following sports: _____

My favorite part of cheer is: _____

3 goals I have for the summer are:

1) _____

2) _____

3) _____