



STRENGTH & CONDITIONING Summer 2019

Speed, mobility, power, strength, and stamina. Whether you are returning athlete or an incoming freshman this camp will help you become a more athletic BOMBER.

Sign up and become BOMBER STRONG

The Camp is open to ALL MHS students!

- **Duration:** June 3rd – July 25th (8 weeks, no camp July 4th)
 - **Cost:** \$30 per student – due upon registration
 - Training days will include Monday – Thursday
- **8 a.m. session-** Full Contact sports (i.e. wrestling, football)
 - **9:30 a.m. session-** All other sports

Complete this form and return with payment (made out to MHS Athletics) to Mrs. Rita Dorethy in Athletics.

-----CUT HERE AND RETURN WITH PAYMENT -----

-Don't forget to sign all waivers-----

Student Name: _____ Grade (upcoming)___ &

Age: _____

Cash or check for \$30 made payable to MHS Athletics_____

Address: _____

Parent Name(s):

Phone: _____ Email: _____

Allergies:

Health Concerns/injuries:

Emergency Contact: _____ Phone:

Sports you plan to compete
in _____

I hereby release, indemnify, and hold harmless Kindra Martin, Tim Piper, Mitchell Wendling, Zach Jones, Free Range Yoga and Community Wellness Center, the MHS Bombers Summer Strength & Conditioning Camp, and Macomb High School, including its trustees, employees, volunteer workers, students, agents and assigns from all liability, damage, claim of nautre whatsoever arising out of or in any way related to my child's participation in this youth camp. Partiipating in any activity is an acceptance of some risk of injury. Despite precautions, accidents and injuries may occur and injury and/or loss or damage to personal property may occur as a result of participation in this youth camp. Therefore, I assume all risks related to the activities. In case of an emergency and if I cannot be reached, I do herby authorize a

representative of the MHS Bombers Summer Strength & Conditioning Camp or Macomb High School to consent to any medical treatment or care deemed advisable.

I have read and agree to comply with the above statement. My signature below indicates that I have read, understood, and freely signed with agreement, which shall take effect as a sealed instrument. I expressly agree that this statement shall be construed and enforced in accordance with Illinois laws, and I consent to the jurisdiction of said state. I agree that this waiver and release is intended to be as broad and inclusive as permitted under Illinois laws so that if any portion hereof is held invalid the balance shall continue in full legal force and effect.

Student Signature _____ Parent Signature: _____
_____ Date: _____

The Free Range Fitness team that will be training the athletes again this year.

Tim Piper is the director of strength and conditioning at the Free Range Yoga and Community Wellness Center. He has 29 years of experience training athletes in Macomb. He is an assistant professor at WIU in the Exercise Science department and an active competitor and coach of Powerlifting and Weightlifting.

Joe Allen has a B.S. in Exercise Science and is a current student in the graduate Strength & Conditioning track in Kinesiology at WIU. Joe is the current MHS Strength & Conditioning coach, is a Certified Strength and Conditioning Specialist, and is a competitive Powerlifter.

Mason Reed has a B.S. in Exercise Science and is a current student in the graduate Strength & Conditioning track in Kinesiology at WIU. He has experience as competitive Weightlifter and Powerlifter and will be competing in the World Drug Free Powerlifting Federation World Championships in June.

Emily Phillips is currently a student at WIU in Exercise Science. She is a competitive Weightlifter and has competed at the national level for USA Weightlifting.

OPEN TO ALL 9TH-12TH GRADE MHS STUDENTS

STRENGTH MECHANICS POWER LEADERSHIP NUTRITION MUSCLE MASS AGILITY		SPEED DISCIPLINE INJURY PREVENTION FLEXIBILITY WEIGHT LOSS ENDURANCE TECHNIQUE/FORM
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**To become a better athlete,
you must TRY HARD**

Condition HARD

Run HARD

Lift HARD

TRY HARD!

ATTENTION: The following pages are waiver/consent forms to sign if you are willing to allow your child to be a part of simple research study directed by Joe Allen. This will help Joe immensely and only takes about 1 minute each day to answer 2 questions, measure grip strength, and test reaction time. YES, there are a lot of places to sign so please make sure you sign where necessary.

*It is not required that athletes take part in the research to be in the summer conditioning but it would be much appreciated if you read over the research study forms and, if you are still unsure feel free to contact us with any questions.

The Validity of Tracking Grip Strength and Reaction Time as a Measure of Exercise Recovery in High School Athletes

You are being asked to be in a research study. A research study is a special way to find out about something. Your parent/guardian knows about the study, but you can decide if you want to be in it or not. Your teachers will not know that you are participating.

If you decide to participate in the study, you will be asked to complete two surveys that involve circling a number 0-10 on how recovered you feel before a workout and how hard you thought the workout was afterwards. You will also be tested for grip strength by squeezing a device that tests grip strength and reaction time by tapping a phone screen when the color of the screen changes. Only the researcher will know your results for each test and your results will be kept separately from other participants.

Some things may make you uncomfortable, such as not being able to take the test right away, having your height and weight taken, or having the test grade seen by someone else. The risk in this study is not greater than that experienced in normal daily activities.

The researcher hopes this study will help give an accurate method of tracking recovery levels in high school athletes that can be used by coaches and/or individuals to decrease risk of injury, improve athletic performance, and promote future research in the field. This is the first time this type of research will be done for your age group.

When we are done with the study, we will write a report about what we found out. Other people will not know if you are in my study. I will put things I learn about you together with things I learn about other children, so no one can tell what things came from you. When I tell other people about my research, I will not use your name, so no one can tell who I am talking about.

If you want to stop, that's OK and nobody will be angry or disappointed. You do not have to participate in this study and can quit the study at any time. If you have any questions about the study please contact the program leader, Joe Allen at (262) 224-4599 or jj-allen2@wiu.edu.

This project has been reviewed and approved by the WIU Institutional Review Board. Questions concerning your rights as a participant in this research may be directed to IRB Administrator, at (309) 298-1191 or IRB@wiu.edu.

If you want to be in the study, please sign on the line below. Remember, you can quit being in the study any time.

Participant Name (printed)

Participant Signature

Date

Signature of Person Obtaining Consent

Date

The Validity of Tracking Grip Strength and Reaction Time as a Measure of Exercise Recovery in High School Athletes

Dear Parent/Guardian:

I am from the Department of Kinesiology at Western Illinois University. I am conducting a research study on monitoring recovery of high school athletes. I would like to include your child in our research study. Your child was selected as a possible participant because of their participation in the summer strength and agility program. The study will take place at Macomb High School. If your child takes part in this project, it should take approximately 2-3 minutes per workout session to complete the research study.

If your child takes part in this project, he/she will be asked to do the following activities:

Before each workout session: Complete a Perceived Recovery Scale survey which is a 0-10 scale used to measure how physically recovered an individual feels, squeeze a hand grip dynamometer which is used to measure grip strength, and complete a reaction time test which includes pressing a phone screen as it changes color to measure how quickly an individual reacts.

After each workout session: Complete a Session Rating of Perceived Exertion Scale which is a 0-10 scale used to measure how hard an individual thought a workout was.

This research has the following risks: None except for the risks involved with a workout program that will be supervised by certified professions. The workout program will not be modified in any way for this research study.

The research has the following benefits: This project may give an accurate method of tracking recovery levels in high school athletes that can be used by coaches and/or individuals to decrease risk of injury, improve athletic performance, and promote future research in the field.

The information in this research will be kept confidential. Each participant will have a separate subject folder that will contain only their information. Research data will be stored in a locked vehicle after each testing session then in a locked room with little access afterwards. The data will be made available only to myself. No reference will be made in oral or written reports that could link your child to the research.

Your child's participation in this project is completely voluntary. In addition to your permission, your child will also be asked if he or she would like to take part in this project. Only those children who have parental permission and who want to participate will do so, and any child may stop taking part at any time. You are free to withdraw your permission for your child's participation at any time and for any reason without penalty.

If there are any questions at any time about the study or the procedures, please contact: Joe Allen, Kinesiology Department, WIU, (262) 224-4599 or jj-allen2@wiu.edu or Tim Piper, Kinesiology Department, WIU, (309) 221-0276 or tj-piper@wiu.edu. This project has been reviewed and approved by the WIU Institutional Review Board. Questions concerning your rights as a participant in this research may be directed to IRB Administrator, at (309) 298-1191 or IRB@wiu.edu.

If you want your child to participate in this research project, please sign on the line below.

Parent/Guardian's Printed Name	Signature	Date
Investigator's Printed Name	Signature	Date