



Bishop Dwenger High School
Summer Athletic Conditioning Program



- When:** June 3rd to July 26th
Monday, Wednesday, Friday only.
8:00 - 10:00 a.m. or 5:30 - 7:00 p.m.
- Who:** All B.D.H.S. Male and Female Athletes - Grades 9-12.
(This Includes Incoming Freshmen!)
- What:** Weight Training, Flexibility, Plyometrics, Speed & Agility Training
- Where:** Bishop Dwenger Athletic Facilities and Weight Room.
- Why:** To Develop Our Athletes' Physical Abilities and Potential.
- Cost:** \$45.⁰⁰ for the entire summer.
Checks payable to Bishop Dwenger High School.
- Instructors:** Bishop Dwenger Coaching Staff in Various Sports and Trainers from Optimum Sports Performance

Please clip and return the registration form below with payment to the Summer Athletic Staff,
Bishop Dwenger High School • 1300 E. Washington Center Road • Fort Wayne, IN • 46825



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Name: _____

Grade (in fall) _____

Phone: _____

Parent Signature: _____

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