

## Culture of Champions

In accordance with CIF bylaw 207, any athlete who transfers from School "A" to School "B" after having prior contact, during the previous 24 months, either directly or indirectly with school "B" prior to enrollment shall not be eligible at School "B" for 365 days from initial date of enrollment. This includes this camp, clinic, AAU, club team, and/or workouts.

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Name

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Health Insurance Carrier

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Policy Holder

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Policy Number

*I approve of my daughter's attendance at the Summer Weight Workouts. I certify that she is in good health and able to participate in all workouts. I hereby authorize the coaches to act for me according to their best judgment in any emergency requiring medical attention and of any and all liability. I hereby waive and release CUSD, CWHS, and coaches from all claims arising from any injuries.*

## FIGHT FOR THE WILL TO WIN

Clovis Unified School district

Clovis West High School  
1070 E Teague Ave.  
Fresno, CA 93720

Director of Sport Peggy Rigby  
If needed contact:  
peggyrigby@cusd.com

## PROTECT THIS HOUSE

Summer Softball  
Weights Program  
At  
Clovis West High School

Grades 7-12  
\$30.00  
Tues, Wed  
11:00-12:00

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June 12-July 25 (no workouts July 3 & 4)

# Summer Softball Weights Program

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**“I make my weaknesses  
my strengths, and my  
strengths stronger.”**

**-Lisa Fernandes**

Director of Sport-Softball

Peggy Rigby

Assts: Hillaree Bennett, Paige

Gumz

[peggyrigby@cusd.com](mailto:peggyrigby@cusd.com)

## **A note from the Coaches:**

All Softball and Multi-Sport Athletes are invited to attend the Summer Conditioning Program held at Clovis West. We encourage softball athletes to participate in this program to give them an opportunity to learn and build upon the techniques used in softball training.

## **Our workouts are designed for the female athlete:**

Our workouts include core stability using plyo balls and mats. Balance work using slant boards, poles and pipes. Jump rope and cone drills to train the “athlete”. In the weight room girls will use our newly purchased CAT machines which allow for resistant training without the use of dumbbells and bars. The CAT machines are designed to increase strength, flexibility and speed. Our workouts are designed to help each girl become a better athlete targeting muscles used to stabilize joints and enhance explosive movements.



**GO Girl!!**

“SUCCESS ALWAYS COMES  
WHEN PREPARATION MEETS  
OPPORTUNITY”  
Henry Hartman

Return application and fee by June 2nd to :

Peggy Rigby

Clovis West High School

1070 E. Teague Ave

Fresno, CA 93720

\*Make checks payable to Summer Weights Program

\*\*If after June 1st please bring to first workout

\_\_\_\_\_  
Athlete's Name

\_\_\_\_\_  
Contact Parent Name and Cell #

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, Zip

\_\_\_\_\_  
Email address

\_\_\_\_\_  
Current School

\_\_\_\_\_  
Grade Fall 2018