

URBANA HIGH SCHOOL

IRON HAWKS MENTORING PROGRAM

PROGRAM SUMMARY

IRON HAWKS is a mentoring program between current high school teachers/coaches, students, and future Urbana HS students. We create a positive and safe environment. Each student is treated equally with a primary focus on discipline, self-esteem, character, team building, leadership, and brotherhood.

IRON HAWKS believes a strong student-athlete will win on the field and in the classroom. Our athletes must be prepared for the demands of competition – mentally, spiritually, and physically. Speed, explosiveness, and agility are only one part of what makes a champion. Athletes must be prepared with a mental toughness that helps them persevere under pressure.

The **IRON HAWK** tradition is very special in the Urbana community that extends over 10 years. Many former Urbana High School student-athletes refer to the **IRON HAWKS** program as one of the most memorable experiences in their high school career.

The **IRON HAWKS** program believes in the **One Urban, One Heartbeat** value. We strive to teach our athletes that the successes of our fellow Iron Hawks, teammates, friends, etc. are more important than the success of the individual. By teaching this value of selflessness, we believe an individual grows in all aspects of his life.

IRON HAWKS sessions are supervised and instructed by experienced coaches from the football staff at Urbana High School including head varsity football coach, Brad Wilson.



*“WE PLAY FOR THOSE WHO CAME BEFORE,
WE SET THE STANDARD FOR THOSE WHO FOLLOW”*

IRON HAWK GENERAL INFORMATION

WHO IS ELIGIBLE: Students currently in 6th, 7th, and 8th grade. Must have application, waiver, and payment submitted before start of program.

LOCATION: UHS Tennis Courts/Weight Room/Auxiliary Gym

DATES: Every Tuesday & Thursday starting March 17th and ending May 21st for a total of 17 sessions. We offer flexible scheduling.

HOURS: 6:30 pm to 8:00 pm

PAYMENT OPTIONS:

BLUE PACKAGE	14 to 17 sessions	\$120
WHITE PACKAGE	11 to 13 sessions	\$100
GRAY PACKAGE	7 to 10 sessions	\$85
Pay by the session	\$10/session	\$10

Specific Dates of Sessions:

March 17, 19, 24, 26, and 31st

April 2, 7, 16, 21, 23, and 30th

May 5, 7, 12, 14, 19, and 21st

****All proceeds will go towards our weight room improvement project****

FURTHER INFORMATION:

Shawn Pare, Urbana Varsity WR Coach srpare10@gmail.com 240-439-9944

Art Himes, Urbana JV Head Coach arthimes@uhawksfootball.com 301-252-2788

*"WE PLAY FOR THOSE WHO CAME BEFORE,
WE SET THE STANDARD FOR THOSE WHO FOLLOW"*

IRON HAWK APPLICATION

Complete registration, waiver and send with payment to:

Urbana Athletic Boosters Club

% Iron Hawks Club

9213 Shafers Mill Drive

Frederick, MD 21704

NAME _____

SCHOOL & CURRENT GRADE _____

ADDRESS _____

PARENT PHONE _____

PARENT EMAIL _____

EMERGENCY CONTACT _____

RELATIONSHIP TO APPLICANT _____

HOME/CELL NUMBER _____

List any medical history including any medications that our staff should be aware of in the space below:

Program Packages: make checks payable to UHS Athletic Boosters

Please circle the package you are registering for below.

BLUE PACKAGE	14 to 17 sessions	\$120
WHITE PACKAGE	11 to 13 sessions	\$100
GRAY PACKAGE	7 to 10 sessions	\$85
Pay by the session	\$10/session	\$10

I agree to use the facility in accordance with the Rules and Conditions as posted and to: (1) assume any risk occasioned using the facilities, and (2) forever release and discharge Urbana High School, and any affiliated agencies and/or its agents or employees from liability for claims arising out of the use of the facilities.

I hereby acknowledge that the above information is correct, and I understand that there are risks involved in participating in any exercise program. I certify that my son/daughter is in good physical condition and including, but not limited to physical strain and exertion. I assume all such risks by requesting entry into the exercise program.

I waive and release all rights and claims for damages I might accrue against Urbana High School and any instructors of exercise classes, their successors, representatives and assigns, for any and all injuries suffered by my son/daughter participating in exercise class and fitness programs.

Signature of Parent/Guardian

Date

***“WE PLAY FOR THOSE WHO CAME BEFORE,
WE SET THE STANDARD FOR THOSE WHO FOLLOW”***