

Marticville Middle School Strength and Conditioning Program

My son/daughter, _____, has my permission to participate in the strength and conditioning program being held after school from 2:30 – 3:30 on Tuesdays and Thursdays in the Marticville Middle School weight room and gymnasium. We, the participant and guardian, understand that all school rules listed in the student handbook apply to all school functions. All participants will be responsible for demonstrating acceptable knowledge of proper lifting technique, basic muscle anatomy and spotting techniques to ensure a safe and effective learning environment. All participants must have proper athletic attire to participate in this program (no open toed shoes, sleeveless shirts, jeans or jewelry). In addition to the aforementioned guidelines, I will provide transportation for my child at the conclusion of each session. If your child will be walking home, a note must be provided at the start of each session, otherwise it is assumed transportation is available for your child.

Participant

Parent/Guardian

Print

Print

Signature

Signature

Contact # -

Please return to Mr. Evans by Thursday, September 27, 2018 in order to participate in the strength and conditioning program.

*******Below are dates that I have a faculty meetings. Please mark your calendars as there will NOT be weight training.*******

10/18

11/8

12/20

1/24

2/21

3/21

4/25

5/10