

6th, 7th & 8th Grade Weight Lifting Club

Who: 6th, 7th & 8th Grade Athletes Interested in Athletics

What: Introduction to Weight Lifting

Where: SSMS Weight Room

When: April 29th - May 23rd 2 times per week (M/W or T/R).

Time: 3:15-4:00

Why: To teach weight room etiquette, safety and proper technique.

Cost: \$35

Name _____

Address _____ City _____ Zip Code _____

Home Phone _____ Cell Phone _____

Emergency Contact: _____ Emergency Phone (_____) _____

T-Shirt/ Size: Youth L, Adult S, Adult M, Adult L, Adult XL, Adult XXL

Requirements:

Students **must** have: Athletic Participation Form

EL2

EL3

EL3CH

Parent(s) and students **must** attend a mandatory meeting on Thursday April 25th , 5:30 p.m. in the cafeteria.

Parents **must** have their child picked up at 4 p.m. everyday.

Please read carefully and sign:

In the event of medical emergency I grant the SSMS Weight Lifting Club staff permission to have my child medically treated and transported to the nearest hospital if deemed necessary by the attending paramedics.

Parent Signature _____ Date _____

For more information contact Coach Matt Van Daele @

(727) 774-6739 or mvandael@pasco.k12.fl.us .

Return to SSMS attention Coach Van Daele