

**ATHLETIC CONDITIONING PERMISSION FORM**

All students participating in any athletic conditioning program including but not limited to, weight training, after school hour’s athletic conditioning, or summer conditioning, must return a permission slip signed by a parent/guardian. Participation is voluntary and is not a requirement to making the team.

Training for C. M. Wright Football will consist of the following components:

All activities are developed to prepare the athlete to safely participate in football

* Weight training (for development of strength and power)
* Agility and Speed training
* Cardiovascular Conditioning

 Training will be held on the following days and times for current C. Milton Wright students:

* Tuesdays, Thursdays
* Training times will be 2:30pm-4:30pm
* Begins Tuesday January 9th and continues throughout the school year to the last day of school before the summer break.

Incoming freshmen (8th Grade) student training will be held on the following days and times.

* Tuesday, Thursday
* Training times will be 4:30pm-6:00pm
* Begins Tuesday, February 20th and continues throughout the school year to the last day of school before summer break

Student Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade \_\_\_\_\_\_\_\_\_

Phone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My son/daughter is covered by Health Insurance: Yes \_\_\_\_\_ No \_\_\_\_\_

**I HAVE READ THE ABOVE STATEMENTS, AND HEREBY GIVE MY WRITTEN CONSENT:**

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_

Student/Athlete Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_

KZ:01/2015