

Olathe Schools

Summer Weight Training and Fitness Information/Permission Form

The Summer Weight Training and Fitness Program is sponsored by the Olathe District Schools and is explicitly for Olathe District students who were enrolled in grades 6 through 12 during the 2016-2017 school year.

The Summer Weight Training and Fitness Program is a four-day per week program which meets Monday through Thursday. Dates vary by building site. Session dates and times are listed on www.olatheschools.com

Students must attend the program at their planned school of attendance for the upcoming school year, 2017-18

The non-refundable fee for the Summer Weights Training and Fitness program is **\$55 per participant**. **All registration and payments are received at www.olatheschools.com/summerschool**

The following general rules shall apply:

- Each student will adhere to all prescribed safety rules and regulations. Violation of these rules may result in removal from the program.
- Students will lift only under the supervision of a weight training instructor.
- All students enrolled in Weight Training and Fitness must attend the program at the assigned location.
- Students must follow the instructor's direction at all times. Students who require disciplinary action may be removed from the program for the remainder of the summer.
- Students are to participate only in prescribed workouts established after consultation with the instructor.
- Sessions are at designated times. Students should make arrangements for transportation immediately following the session.
- Students must sign in each day and remain until the session is over or sign out with the instructor prior to departure.
- Each student must sign a statement acknowledging that the rules of the Weight Training and Fitness Program are understood and will be followed.
- Students will be expected to assist with the necessary care and storage of equipment. It is an expectation that students return weight lifting and fitness materials appropriately.

*****I have read and understand all of the rules and expectations outlined above.*****

Student Signature:

Date:

Parent Signature:

Date:

Student Name, Printed

This signed form must be submitted to school weight staff prior to participation