

STRENGTH & CONDITIONING 11A/12A APPLICATION FORM

Course: _____

Name: _____

Grade for PE 10: _____

Date: _____

Target Sport: _____

Goals: _____

Reasons for taking this course: _____

My statement of commitment:

I understand that this course is not just weight lifting.

I understand that this course will have components of running, cardio training, plyometrics, health, diet, written work, flexibility, endurance, and group work.

I realize that I must be self-motivated and hard working to be successful in this program.

Athlete's Signature

PE 10/11 Teacher Signature

PE Director Signature

Counselor Signature