

# Winter Conditioning Club 2017-2018

## Permission Slip

Athlete's Name: \_\_\_\_\_ Age/Grade: \_\_\_\_\_

Email: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Cell phone #: \_\_\_\_\_

My son/daughter \_\_\_\_\_ has my permission to participate in the Fairfield Area School District's Winter Conditioning Club (WCC). I understand that the club offers different workouts throughout the week and that my athlete is not required to attend every day. My athlete will notify me as to which days they are going to participate.

My athlete has my permission to drive other club members

(# \_\_\_\_\_) to Spin Class. I understand that if I drive or my athlete drives, Club dues will be waived.

Signature: \_\_\_\_\_

My athlete has/does not have my permission to ride with other club members to Spin Class.

Signature: \_\_\_\_\_

**Dues: \$10 or a set of dumbbells (5lb, 8lb or 10 lbs)**

## Winter Conditioning Club

**What:** A club that helps students get in or stay in shape over the winter months. You do not have to play a school sport in able to participate.

**When:** There is something happening 3 days of the week. You choose what days/types of workouts you want to do. I take attendance purely for accountability purposes.

- Coach Roan workouts. Could be circuits, yoga, P90X-whatever the club wants to do
- Run Days-meet at 3:00 in the cafeteria lobby. Open runs. Run as far as you want. I will pick a route and tell you the different mileage associated with it. Runners must run with at least one other person. Everyone must sign in when they return. Come dressed for the weather-layers are best. Hats and gloves are a must once it gets below 40 degrees.
- Spin Class at the YWCA: Meet at the gym lobby at 3:00. Back around 5:00 (Spin class is 3:30-4:30). First 20 to sign up (in the office) get to go. Those that are on the waiting list automatically get to go the next week. Members must have permission to drive/drive with someone else. I can take 4 members if anyone has to ride with an adult. Bring a water bottle and a towel.

**Cost:** Club dues are \$10 or the donation of a set of dumbbells (3, 5, 8, Or 10lb). Club dues help pay for Spin Classes and outside instructors. We use the dumbbells almost every workout and are limited in number. If the club decides to do something additional, dues will help to defray any costs.

**Transportation:** Drivers will be needed to drive members to Spin Class. If you can drive, membership fees will be waived. You must have a permission slip signed by your parents/guardians saying that you can transport other students.

**Sponsor/officers:** Coach M. Roan is the sponsor of this club. This is a volunteer position. Officers for the club will be elected by the club members.