

LAWRENCE TOWNSHIP PUBLIC SCHOOLS

2525 Princeton Pike

Lawrenceville, New Jersey 08648

Department of Health, Physical Education and Athletics

Gregg Zenerovitz
Director

(609) 671-5516 x 2
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Dear Student and Parent/Guardian:

Lawrence High will be offering a Weight Training and Conditioning program for any interested 9th thru 12th grade students. The program will meet on Mondays, Wednesdays and Fridays from 2:45 to 4:00 pm. You must have a ride home by 4:00 pm.

Each student will be expected to attend regularly, and follow strict developmental procedures. The program will be closely supervised and stress the correct use of the equipment. Each student must be dressed appropriately in shorts, T-shirts, or sweat pants, and must wear sneakers. Each student must also have had a school physical completed within the past 365 days, that must be signed off on by the school nurse, to be permitted to use the weight room.

The attached permission slip must be completed and returned to Mr. Verga prior to participation. If you have any questions about the program, feel free to contact me at Lawrence High School.

Sincerely,

Jeff Verga
Weight Room Supervisor

LAWRENCE HIGH SCHOOL
WEIGHT TRAINING CONDITIONING PROGRAM

I, _____ request permission to participate in the Lawrence High
(Name of Student)

School Weight Training and Conditioning Program and agree to abide by the rules and regulations of this program. To my knowledge I am physically capable of strenuous exercise and am free from any Health factors that would prohibit my participation.

Parent/Guardian Signature _____ Date _____

Student Signature _____ Grade Level _____

Office use only: Date of last physical: _____