

**LAWRENCE TOWNSHIP PUBLIC SCHOOLS**

2525 Princeton Pike  
Lawrenceville, New Jersey 08648  
Department of Athletics

**Anthony Ammirata**  
**Athletic Director**

**(609) 671-5510 x 2651**  
**Fax (609) 671-3459**

Dear Student and Parent/Guardian:

Lawrence High will be offering a **Weight Training and Conditioning program** for any interested 9<sup>th</sup> thru 12<sup>th</sup> grade students. The program will begin Monday, March 13<sup>th</sup>, 2023 and meet on Mondays, Wednesdays and Thursdays from 2:30 to 3:45 pm. You must have a ride home by 3:45 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.

Please see attached weight room sign up sheet for detailed instructions.

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

Sincerely,  
**Rob Radice**  
Rob Radice  
Weight Room Supervisor/Head Football Coach

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**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: \_\_\_\_\_

Nurses initial/date: \_\_\_\_\_