



## Strength & Conditioning: Student Athlete Contract

### Introduction

Flaming Sword Christian Academy (FSCA) is proud to introduce Strength & Conditioning. A program for FSCA boys and girls ages 13-18. This program is designed to help teach student athletes about self-discipline, self-respect, and the introductory level of weightlifting & conditioning.

### Staff

Coach: Anthony Widner



### Cost

\$100.00 monthly membership fees

**Note: Membership fees can only be cancelled (30) days in advance. When the membership is cancelled, the student is not eligible for returning, until the next academic year.**

### Schedule & Location

**Monday and Wednesday**

**3:30 pm - 4:30 pm: Strength and Conditioning (Auditorium)**

### Required Clothing and Equipment

1. Work Out Shorts / Work Out T-shirt / Socks / Running Shoes (Summer)
2. Work Out Sweats / Work Out Sweater / Socks / Running Shoes (Winter)
3. Water Bottle

### Required Documentation

1. Signed Contract
2. Completed Physical
3. List of Emergency Contacts

### Student Athlete Rules and Regulation

1. Student Athletes will maintain classroom discipline and always show respect to the teacher and other students.
2. Student Athlete **CANNOT** use the weight room without proper supervision.
3. There will be "0" tolerance on horse playing, in the weight room.

Emergency Contact (1): \_\_\_\_\_ Phone Number: \_\_\_\_\_

Emergency Contact (2): \_\_\_\_\_ Phone Number: \_\_\_\_\_

Student's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_