

Strength & Conditioning

Mondays and Wednesdays
3:30 - 4:30pm
BCMS Weight Room



Begins Monday, October 20th

ONLY 20 spots open!

Advisors: Mr. Quernemoen & Mr. Anderson

A current sports physical MUST be on file

There is NO fee for this activity.

Please return this form to the Activities Office

Participant Information for Strength & Conditioning

Student's Name _____ Grade _____

Parent's/Guardian's Name _____ Phone _____

Emergency Info:

Please list one other person whom we can contact between 3:30-4:30pm if medical treatment is necessary and you can't be reached.

Name _____ Phone _____

Medical Concerns:

Please list and explain any medical concerns (i.e. asthma, allergies, diabetes, CURRENT INJURIES, etc).

Parent / Guardian Permission:

By signing this form we give permission for our son/daughter to participate in Physical Strength & Conditioning.

Parent / Guardian Signature: _____ Date _____

- ☐ Sports Physical on File
- ☐ Sports Physical will be turned in prior to participation