



Fox Chapel Area School District
Winter 2019-2020 DMS Sports Performance Program



Fox Chapel's strength and conditioning staff is offering a developmental strength and conditioning program for all 6th, 7th and 8th graders. Instruction will concentrate on functional movement patterns, injury prevention, speed, and agility training. Athletes will use developmentally appropriate resistance during training sessions.

Where: Fox Chapel Area High School Field House

Who: All girls and boys in 6th-8th grades (space limited - first come, first served)

When: Pick Session 1 or 2.

Session 1:

<p>December: Mondays and Wednesdays 6:00-7:00 PM December: 4, 9, 11, 16, 18</p>	<p>January: Mondays and Wednesdays 6:00-7:00 PM January: 6, 8, 13, 15, 20, 22, 27, 29</p>	<p>February: Mondays and Wednesdays 6:00-7:00 PM February: 3, 5, 10, 12, 17, 19, 24, 26</p>
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Session 2:

<p>December: Tuesdays and Thursdays 6:00-7:00 PM December: 3, 5, 10, 12, 17, 19</p>	<p>January: Tuesdays and Thursdays 6:00-7:00 PM January: 7, 9, 14, 16, 21, 23, 28, 30</p>	<p>February: Tuesdays and Thursdays 6:00-7:00 PM February: 4, 6, 11, 13, 18, 20, 25, 27</p>
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Cost: \$40

Features:

- T-Shirt
- Age appropriate instruction with a focus on fundamentals
- Safe and structured learning environment
- Fun games and competitions
- Please contact Brandon Peifer at Brandon_Peifer@fcasd.edu with questions

Student Name: _____ **Grade** _____

Session (circle selection): 1 OR 2

Address: _____

School: _____ **Parent Email:** _____

Parent Name: _____ **Phone:** _____

Emergency Contact: NAME _____ **(Phone)** _____

I hereby approve of my child's attendance and participation in the Fox Chapel Area Strength and Conditioning Camp. I certify that he/she is in good health and able to participate in all activities. I hereby waive and forever release the Fox Chapel Area School District and the program staff from all liability for any injuries or illnesses that may occur. Please attach a note explaining any physical limitations or medical conditions.

Parent/Guardian Signature: _____

T-Shirt Size (Circle ONE) Youth: S M L Adult: S M L XL XXL

***Please complete and mail the bottom portion of this sheet to:
 Fox Chapel Athletics 611 Field Club Road Pittsburgh, PA 15238***