



Fox Chapel Area School District
2019-2020 Elementary Strength and Conditioning Program



Fox Chapel’s strength and conditioning staff is offering a developmental camp for all 3rd through 5th graders. Instruction will concentrate on functional movement patterns, injury prevention, speed, and agility training. Athletes will use body weight or developmentally appropriate resistance during training sessions.

Where: Fox Chapel Area High School Field House

Who: All girls and boys in 3rd-5th grades (space limited - first come, first served)

When:

Session 1:	Session 2:
December: 3, 5, 10, 12, 17, 19	January: 23, 28, 30
January: 7, 9, 14, 16, 21	February: 4, 6, 11, 13, 18, 20, 25, 27
T/TH 5:00 – 6:00 PM	T/TH 5:00 – 6:00 PM
Cost: \$40	Cost: \$40

Cost: \$40 per session

Features:

- T-Shirt
- Age appropriate instruction with a focus on fundamentals
- Safe and structured learning environment
- Fun games and competitions
- Personal instruction from certified strength coaches and varsity athletes
- Please contact Brandon Peifer at Brandon.Peifer@fcasd.edu for more information

Student Name: _____ **Grade** _____

Session (circle selection): **1, 2, BOTH sessions**

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 along with cash/check made payable to: Fox Chapel Athletics 611 Field Club Road Pittsburgh, PA 15238