



## WORKOUT CLUB

WHERE: Baker Middle School; weight room  
WHEN: Tuesdays: 2:50-4:00  
Starting September 15<sup>h</sup> and lasting until November 10th.  
(a spring session will follow...)

This club is being developed for:

1. Those students who are serious about weight training and would like to continue lifting to stay in shape for various athletic programs they are involved with.
2. Those students who would like to increase their fitness through a combination of aerobic and anaerobic conditioning.
3. Those students who are interested in learning how to develop a weight training program.

Please be aware that this club is NOT for those students who are looking to just hang out after school. Each student involved will adhere to all rules stated in the contract below, which is to be signed by the student and his/her parent or guardian.

By joining the Workout Club each student will:

1. Be properly dressed and in the weight room at 2:50 and help set up equipment as needed.
2. Be responsible for keeping and updating a workout log.
3. Be respectful and follow all directions given by the instructor.
4. Practice all safety procedures posted in weight room and given by instructor.
5. Be picked up by parent/guardian or will take the activity bus at 4:00.

**\*The instructor reserves the right to dismiss any student from the workout club whom they believe is not adhering to the above stated rules.**

This is part of the intramural program and the after school activity fee must be paid for participation.

By signing below \_\_\_\_\_ agrees to follow all terms.  
(name of student)

Grade: \_\_\_\_\_

Signature of student: \_\_\_\_\_

Consent of parent/guardian: \_\_\_\_\_

Phone Number: \_\_\_\_\_

(please include a phone number that you can be reached during this time)

Instructor: Mr. Stanford

