

# **FWAFA Boot Camp Workout Permission Slips**

**For Students, Staff, or Parents.**

**Bootcamp for Strong Bodies will begin the week after next (September 25, 2007) on Tuesday from 4pm-5pm.**

All kids are welcome and those wanting to do gymnastics or archery later in the year are encouraged to attend, as well as those who just want more muscles, leaner bodies, and a tougher work out. Focusing on a strong core, ripped abs, defined arms and chest, endurance and fun...lots of sweaty fun. Come join us for a work out that will challenge you at whatever level you start! Open to all ages (self customized), expect a variety of work outs, drill sergeant style, kick boxing, aerobic, light weight lifting, video workouts, and circuit training.

Needed items: Permission slips (available at open house), \$2.00 for September, \$5.00 **per month** after that for building use, beach towel or exercise pad, one set of hand weights (1-5 lbs depending on size and strength), water bottle, comfortable exercise clothes, tennis or work out shoes, optional face rag. You are responsible to get here with your stuff. If for some reason you don't have it, as long as you have appropriate shoes you can still attend and not miss your workout, we will make it work....I'll just harass you a little. If this holds the kids interest like I think it will, we will continue till Christmas break. Please keep up with sending in the class fee, I turn around and cut a check to the school. (You can make checks out to the school) I hate collecting money, so just do it!

P.S. Your parents can come with **your** permission and sweat a little too.

I \_\_\_\_\_ agree to participate in the FWAFA Boot Camp. I understand the whole idea is to push me beyond my current limits of strength and endurance and to establish new limits. I will come ready to work out and not disrupt the kids working out in the class. I will try everything asked of me, and only speak out if I am in pain. I understand I can stop at anytime but I will push myself to my personal limits while I am working out. I will follow instructions without whining....there are no whiners in boot camp, only grunTERS and heavy breathers! Ha Ha I will give Mrs Misenheimer a note with any physical limitations prior to the first class. If I am a parent or staff I will get a physical or speak to my personal doctor prior to beginning the workouts to be sure I am able to participate.

**Signature of Participant:** \_\_\_\_\_ **Date:** \_\_\_\_\_

I am a  Student,  Staff, or  Parent. (Please mark one)

**Signature of Parents for students:** \_\_\_\_\_ **Date** \_\_\_\_\_

**Student permission for parents:** \_\_\_\_\_

Students are to be picked up at 5pm under the port cache, after 5 at the office door. After 5:10 they will be forced into child labor in the kitchen so I can watch them and work.