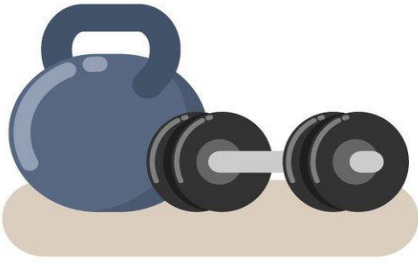


# Strength & Conditioning



  
publicdomainvectors.org

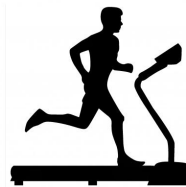
Are you interested in building strength, flexibility, speed, and agility! Join Esperanza's Strength and Conditioning after school program!

## When:

Monday and Wednesday  
After School until 3:30  
November 29 - February 9

## Where:

Esperanza's Weight Room



Please return the below permission form to Mrs. Kroll  
([nskroll@smcps.org](mailto:nskroll@smcps.org), Room D203) before the first day of club.

I hereby grant my student, \_\_\_\_\_ permission to participate in the 2021-2022 Esperanza Strength and Conditioning Club. I will arrange for transportation from Esperanza Middle School at 3:30 pm.

Guardian's Name(s) (printed)		
Guardian's Signature		
Email		
Phone Numbers (please provide two)		
Homeroom Teacher		
Adults that have permission to pick up my student and phone number.		

**\*\*Please let us know if there are any health concerns.**