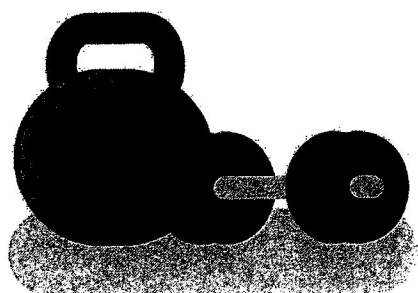


# Strength & Conditioning



  
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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  
December 2 - February 12

## Where:

Esperanza's Weight Room



Please return the below permission form to Mr. Sapp  
([dasapp@smcps.org](mailto:dasapp@smcps.org), Room E118) or 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 2019-2020 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		
Date		
Phone Numbers (please provide two)		
Homeroom Teacher		

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