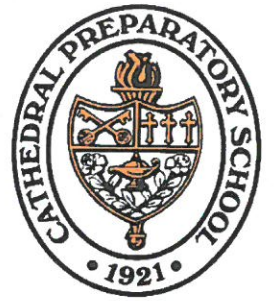


CATHEDRAL PREP

Weight Room and Fitness Center

FOR INCOMING FRESHMEN



All incoming freshmen at Cathedral Prep have the opportunity of working out and training in the new Prep and Villa Events Center (PVEC) Weight Room and Fitness Center.

Once we receive the non-refundable \$100 tuition deposit, incoming freshmen are able to use the facility at no cost. This is not just for football players or athletes, but for any incoming freshmen that wants to train. Even if your son does not intend on playing sports he is still invited to use our facility once the deposit has been received.

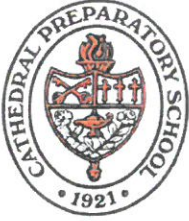
The weight room will be supervised at all times and our coaches will be there to assist students as needed. If students have never experienced weight training please make sure they bring this to the attention of the coaches so they can be educated before they begin.

The weight room and fitness center is located inside the Prep and Villa Events Center near the aquatic center. The facility is available for incoming freshmen on Mondays, Tuesdays, and Thursdays from 3:15pm – 4:15pm. Workouts will begin April 9th. Students should enter through the PVEC entrance facing Walnut Street on the east side of the facility. Parents should use Walnut Street and the turn-around for pick-up and drop-off.

On the reverse side of this flyer you will find a letter from Mr. Bill Flanagan, Director of Athletics, regarding the rules and expectations. You'll also find a waiver and emergency contact form that needs to be completed and submitted to the Prep Athletic Office before training begins.

For more information please contact Mr. Timothy Dougherty, Director of Admissions, by email at timothy.dougherty@prep-villa.com or by phone at 814.453.7737 ext. 3. Mr. Bill Flanagan is also available for questions and information by email at bill.flanagan@prep-villa.com or by phone at 814.453.7737 ext. 2277.

Developing men of vision in spirit, mind, and body.



Athletic Office

Cathedral Preparatory School

225 West 9th Street
Erie, PA 16501
p: 814-453-7737, ext. 2227
f: 814-455-3985
www.prep-villa.com

Villa Maria Academy

2403 West 8th Street
Erie, PA 16505
p: 814-838-2061, ext. 3227
f: 814-836-0881
www.prep-villa.com



Dear Parent/Guardian:

On behalf of Cathedral Prep, I welcome you and your son to our school. We are pleased to permit your son to use our weight room/fitness center and provide him this opportunity at no cost to you. We will provide a supervised atmosphere where your son will receive instruction as to the proper techniques of weightlifting and various exercises. Our goal is to promote your son's development in a healthy and safe environment. As always, in order to achieve our goals, we need your help. In providing this opportunity, it is important that your son follow a few simple rules.

First, the use of the Prep and Villa Events Center is limited to the weight room and fitness center. In other words, unless supervised by appropriate personnel, your son should report directly to the weight room and remain in that location until the conclusion of the activity.

Next, the coach, instructor or supervisor is in charge of the weight room. The rules of the weight room must be followed at all times for safety reasons.

Also, if your son has never engaged in weight training, the coaches will try to educate him to some of the normal reactions and experiences associated with lifting weights (i.e., stiffness and soreness). These conditions are not uncommon. However, you should monitor your son and decide if any complaints are beyond the ordinary. Also, if your son has any special kind of circumstance, you should bring that to the coach's attention.

Attendance is not mandatory. We do intend to hold regular hours and will try to post the schedule for your convenience. Although attendance is not mandatory, we will require your son to sign an attendance sheet. In conjunction with the above, we will require a telephone number to contact you in case of an emergency. Along with executing the Waiver of Liability, you will also have to give your consent for medical treatment of your son in your absence, in case of emergency.

At Cathedral Prep, it is our goal to prepare a young man in spirit, mind and body, teaching the benefits of hard work. Again, we welcome you. If you have any questions or concerns, please do not hesitate to contact me. **ROLL RAMBLERS!**

**Bill Flanagan
Director of Athletics**

**WAIVER RELEASE OF LIABILITY
AND ACCEPTANCE OF RESPONSIBILITY**

As the parent(s) and/or legal guardian of _____, I/we waive any and all liability of the Erie Catholic Diocese, Cathedral Preparatory School, Cathedral Preparatory School Athletic Department and any individual coach, teacher, instructor or agents thereof, relative to the use of the Cathedral Preparatory School weight room and for the activities of weightlifting and/or related exercises and I/we accept full responsibility of the risks associated therewith on behalf of my/our son.

Futhermore, I/we understand that there is no fee charged for the use of the weight room facility and in consideration thereof, I/we agree to waive any and all liability as stated, and further, to indemnify and hold the above-mentioned parties harmless.

DATE: _____

Parent(s)/ Guardian(s)

DATE: _____

Visitor