



THE SOUTHSIDE FITNESS CENTER

STATE COLLEGE AREA HIGH SCHOOL
650 Westerly Parkway, State College, PA 16801
Phone: (814) 272-7813 Email: dcs24@scasd.org

Southside Fitness Center Permission Form

Parents, please complete the following permission form. Students should return this form to the Fitness Center.

I give permission for the following student to participate in the Fitness Club or with their athletic team in the Fitness Center during the 2023-24 school year:

Student Name _____ Grade _____

Student ID Number _____ Student E-mail _____

Emergency Contact Information:

Parent Name _____ Phone: (H) _____ (W) _____

Secondary Contact _____ Phone _____

Family Doctor _____ Phone _____

Student Health Concerns:

(Please list all relevant conditions, allergies, medications, etc.):

Student Sport or Club participation (fitness club, baseball, rugby, etc.):

Parent/Guardian Signature _____ Date _____

2023-2024 Fitness Center Sign-up and Participation Agreement

Student Name: _____ Student # _____

If you are going to be working out in the Fitness Center you must sign up for your sessions and agree to the terms of participation. If you have any questions please ask.

1) **Scheduling** - all student sessions in the Fitness Center are scheduled according to group participation. How will you be participating at the Fitness Center?

- As part of the Fitness Club – Proceed to 2a.
 - With a sports team – Please list the team(s) and season(s) you will be participating, then proceed to 2b.
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2a) **Sign up for the Fitness Club** - Sign up forms can be obtained at the fitness center. Fill one out and have it approved by one of the fitness coaches.

2b) **Team orientation at the Fitness Center** – Attend your team orientation sessions which will be scheduled in advance by the coach or fitness center staff.

3) **Training Programs** - A Fitness Coach's approval is *required* upon selection of your training program. Fitness Club members will obtain approval on their club sign-up form. Student-athletes participating with a team will have a program prescribed by their coach or fitness center staff.

4) **Rules and regulations** – Please read through the Fitness Center's rules and regulations. Your continued participation at the fitness center depends on your adherence to established rules and procedures. Infractions will be handled according to the Fitness Center's discipline procedures as well as school discipline policy.

If you have any questions, please speak with a member of the Fitness Center Staff.

Please Sign here to indicate that you understand and agree to the terms of participation for the Fitness Center for the 2023-24 school year:

Student Signature: _____ Date: _____