

MT Conditioning Program

6th-8th grades

Student athletes will engage in fitness activities consisting of warm-ups, agility drills, bodyweight & plyometric exercises, and cardiovascular work. Activities will be structured to ensure safety and learning, and to instill a lifelong passion of fitness. A physical form, consent form and permission slip are REQUIRED!

Coaches:

Travis Webb
twebb@usd232.org

913-422-1100 (School)
913-207-9768 (Cell Phone)

Schedule: September 30th (Monday after Conferences)- March (End of 3rd Quarter)

Monday	(3:15pm-3:35pm)
Tuesday	(3:15pm-3:35pm)
Wednesday	(3:15pm-3:35pm)
Thursday	(3:15pm-3:35 pm)

Locations:

Activity Center, grassy area outside MTMS, MVHS football field, track or home stands

Benefits of Youth Strength Training:

- **Improved strength and conditioning**
- **Improved sport performance**
- **Reduced risk for sport injury**
- **Ease in transition to HS program**
- **Improved self confidence**
- **Improved flexibility, muscle endurance, and speed**

RULES:

- **Be respectful of facilities, equipment, teammates, and coaches.**
- **Be on time!**
- **Bring a water bottle. Having water available instead of running to the water fountain will allow more time for exercises.**
- **We will be outside if the temperature is 45 degrees or higher. Please plan accordingly. Wearing layers is preferable.**

Permission Slip

I give my student-athlete:

_____ permission to participate in the MTMS Athletics Conditioning Program for the 2024-25 school year.

Parent Signature _____

Date _____

I have read, understand, and agree to the rules for the MTMS Athletics Conditioning Program.

Student Signature _____

Date _____

Student Information

Student Name _____

Parent/Guardian Name(s) _____

Parent/Guardian Home Phone Number _____

Parent/Guardian Cell Phone Number _____

Student Email _____

Emergency Contact Name _____

Emergency Contact Phone Number _____

Voluntary Participation

I wish to participate voluntarily in the Conditioning Program at Monticello Trails Middle School. My purpose is for my child to maintain or improve their personal health and fitness. I understand that moderate exercise, when gradually increased in intensity, along with appropriate exercise guidance is recommended and safe for most people. If I choose to use equipment within Monticello Trails Middle School, I understand I must obtain instruction on using equipment or assume responsibility and liability for injury or damage if I choose to waive this right. Monticello Trails Middle School, and its directors, officers, board members, employees, contractors and agents will not be held liable for injury or damage.

Parent Signature:

Date:

**'24-'25 Dates for Track Pre-Season Conditioning:
Monday, September 30th-Start Date**

<p align="center">October:</p> <p>Tuesday, 1st Wednesday, 2nd Thursday, 3rd Monday, 7th Tuesday, 8th Wednesday, 9th Thursday, 10th Monday, 14th Tuesday, 15th Wednesday, 16th Thursday, 17th Tuesday, 22nd Thursday, 24th Monday, 28th Tuesday, 29th Wednesday, 30th Thursday, 31st</p>	<p align="center">November:</p> <p>Monday, 4th Tuesday, 5th Wednesday, 6th Thursday, 7th Monday, 11th Tuesday, 12th Wednesday, 13th Thursday, 14th Monday, 18th Tuesday, 19th Wednesday, 20th Thursday, 21st</p>	<p align="center">December:</p> <p>Monday, 2nd Tuesday, 3rd Wednesday, 4th Thursday, 5th Monday, 9th Tuesday, 10th Wednesday, 11th Thursday, 12th Monday, 16th Tuesday, 17th Wednesday, 18th Thursday, 19th</p>
<p align="center">January:</p> <p>Monday, 13th Tuesday, 14th Wednesday, 15th Thursday, 16th Tuesday, 21st Wednesday, 22nd Thursday, 23rd Monday, 27th Tuesday, 28th Wednesday, 29th Thursday, 30th</p>	<p align="center">February:</p> <p>Monday, 3rd Tuesday, 4th Wednesday, 5th Thursday, 6th Monday, 10th Tuesday, 11th Tuesday, 18th Wednesday, 19th Thursday, 20th Monday 24th Tuesday, 25th Wednesday, 26th Thursday, 27th</p>	<p align="center">March:</p> <p>Monday, 3rd Tuesday, 4th Wednesday 5th Thursday 6th Monday, 10th Tuesday, 11th Wednesday, 12th Thursday, 13th</p>