



# Liberty Form and Fitness Workouts



- Workouts are: 8 weeks, Monday-Friday, 3:50 – 5:00pm, 7<sup>th</sup> & 8<sup>th</sup> grade boys & girls
- Coaches will work directly with the Liberty Middle School students on their lifting form, strength, endurance, footwork and overall fitness.
- Workouts are age appropriate for middle school students.
  - 8 Weeks
  - Monday – Friday
  - 3:50-5:00pm (students should be picked up by 5:15 each day)
  - 7<sup>th</sup> and 8<sup>th</sup> Grade Boys and Girls
- Session I – Oct 27 – Dec 19
- Session II – Jan 5 – Feb 27
- Session III – Mar 23 – May 15

## How to SIGN UP FOR FORM AND FITNESS

- LMS activities overview site. [Activities - Liberty Middle School](#)
  - CLICK ON: [Activities Registration](#) portal
  - Log in or create an account
  - Search for Sheyenne High School
  - Session I & II register under LIBERTY MIDDLE SCHOOL WINTER 2025-2026 REGISTRATION. Session III register under LIBERTY MIDDLE SCHOOL SPRING 2025-2026 REGISTRATION.
- Create an account for your family. The online registration site contains the required permission forms and registration for all Clubs/Athletics for all students. When initially setting up your account, you will need to add each of your WFPS students using their Student ID.
- The activity fee is \$40 and can be paid during the registration process.
- All forms must be turned in online and fee paid before a student is eligible to participate. No paper forms may be turned in to the activity office.

If you have questions, please contact  
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