

Dear Parents and Students,

Next year, your daughter may sign up for a specific Sports Conditioning class offered here at Cross Middle School. The class will focus mainly on volleyball skills, but will also stay grounded in terms of general overall strength and conditioning. Students enrolled in the volleyball class should expect high levels of vigorous activity, academic assignments, and outside work related to sport.

By signing this paper, you are not necessarily enrolled in this class. If you are interested in signing up for this class, please print and sign on the space provided. By signing this paper, you are stating your interest in this class and there has been a conversation between parents and child about this class.

Please respond to the prompts below and return ALL paperwork to Mr. Hess chess@amphi.com or drop off at the front office by March 30th.

Please address the following bullets (each on a separate sheet of paper)

- Write a sports resume for your last 5 years
 - List sports you competed in and number of years for each sport
 - List any accomplishments as a team or individual
 - State future goals you would like to accomplish in any/all sports
- Write why you would like to take this Physical Fitness Class. Please be detailed and give me at least one full paragraph.
- Describe one situation, which has nothing to do with winning, in athletics that you are proud of.
- Attach a letter of recommendation *written by your parents*

After papers have been returned, Selections for this class will be made. There may be more information needed from the student to make final selections. If this is necessary, Mr. Hess will contact the students individually and get them the information.

Sports Conditioning Class

Student Name _____ (Print clearly) Parent Name _____ (Print clearly)

Student Name _____ (Signed) Parent Name _____ (Signed)