

Conquerors' Conditioning Club

Thursdays 3:15-4:45 p.m., November 3- January 26

AVCS Blue Top

THE GOAL:

Have fun while maintaining and/or improving fitness level for Basketball and Track & Field utilizing our favorite activities: obstacle courses, slide runs, relays, stairs, and more running!

Parents are welcomed and encouraged to participate! Consider it a free training session and weekly playdate rolled into one!

Fee: \$40.00 for 10 Sessions (Benefits Cross Country/Track & Field Fund)

Medical consent form, registration and payment must be turned in prior to first session.

CONQUERORS' CONDITIONING CLUB REGISTRATION:

NAME: _____ GRADE: _____ TEACHER: _____

PARENT(S) NAME: _____ EMAIL ADDRESS: _____

HOME PHONE: _____ CELL 1: _____ CELL 2: _____

"I can do all things through Christ which strengthens me." Phil. 4:13