



ALL-SPORTS CONDITIONING AND SKILLS TRAINING PROGRAM

FOR LEHMAN CATHOLIC HIGH SCHOOL AND PARTNER SCHOOL JUNIOR HIGH ATHLETES

STARTS TUESDAY, JUNE 1

Opens at Lehman Catholic High School on June 1 after Memorial Day and runs Monday - Thursday, through June 30, closed for the athletic shutdown, and re-opens on July 12. Two sessions per day: 9 - 10:15 a.m. or 6 - 7:15 p.m.

Join us for all-sports conditioning and skills training! You pick the session - morning or afternoon. No pre-registration is necessary. Show up fifteen minutes prior to conditioning in the tennis court parking lot. Please bring your own water bottle.

Questions? Please contact LCHS Athletic Director Richard Roll at 937.498.1161 or r.roll@lehmancatholic.com

PLEASE SIGN AND BRING THE FORM BELOW TO THE PROGRAM ON TUESDAY, JUNE 1.

Participation on Lehman Catholic High School Grounds

I the parent or legal guardian of (the child), give permission for my child to participate in the **Lehman Catholic High School All-Sports Conditioning and Training Program**. I understand that this activity is voluntary and I agree that my child and family will follow all mandatory guidelines set by the **Ohio High School Athletic Association** (OHSAA). We also agree to follow any future guidelines set forth by the Ohio Department of Education, OHSAA, Shelby County Health Department, and the Ohio Governor's office.

..... PARENT OR LEGAL GUARDIAN

..... DATE

..... PARENT OR LEGAL GUARDIAN

..... DATE