

# 2023 Summer Weights

**This program will teach student athletes weightlifting technique and safety. This will also be a great opportunity for athletes to stay active throughout the Summer!**

Parent/Guardian:		Phone Number:	( ) -
Carthage Address:			
Emergency Contact:		Phone Number:	( ) -

<b>Weights are Monday, Tuesday, and Thursday at the JH Fieldhouse KE Baker</b>	<b>(2023-2024 School Year)</b>
<b>May Dates: 30th (Monday, Tuesdays, and Thursdays)</b>	
<b>June Dates: 1st-29th (Mondays, Tuesdays, and Thursdays)</b> <b>July Dates: 3rd-27th (Mondays, Tuesdays, and Thursdays)</b>	

**Sesión 3 8:30-10:00 AM Girls Weights**

I give my daughter, \_\_\_\_\_ permission to participate in Summer Weights.

Parent/Guardian Signature \_\_\_\_\_

**If you have any health concerns or questions about this program, please contact Coach Hance at Carthage 6th Grade Center by email at [hancea@carthagetigers.org](mailto:hancea@carthagetigers.org) or Coach Sailor/Coach McConnell at the Junior High by email at [sailorj@carthagetigers.org](mailto:sailorj@carthagetigers.org) or [mcconnellk@carthagetigers.org](mailto:mcconnellk@carthagetigers.org). Thank you!**

# PESAS DE VERANO 2023

**Este programa enseñara a los estudiantes atletas la seguridad y técnicas de levantar pesas. ¡Esta también será una gran oportunidad para que los estudiantes se mantengan activos durante el verano!**

Padre/Guardian:		Numero de Telenono:	( ) -	( ) -
Direccion de Carthage:				
Contacto de Emergencia:		Numero de Telefono:	( ) -	( ) -

<b>Las Pesas son lunes, martes, Y jueves oen la Junior High Fieldhouse</b>	<b>(Ciclo escolar 2023-2024)</b>
<b>May Dates: 30th (Monday, Tuesdays, and Thursdays)</b>	
<b>June Dates: 1st-29th (Mondays, Tuesdays, and Thursdays)</b> <b>July Dates: 3rd-27th (Mondays, Tuesdays, and Thursdays)</b>	

**Sesión 3 8:30-10:00 AM Pesas de Chicas**

Doy permiso a mi hija, \_\_\_\_\_ para que participe en Pesas de Verano.

Firma de Padre/Guardian \_\_\_\_\_

**Si tiene alguna pregunta o preocupación concniente a salud y este programa, por favor contacte a Coach Hance a Carthage 6th Grade Center por correo electronico a [hancea@carthagetigers.org](mailto:hancea@carthagetigers.org) o a Coach Sailor/Coach McConnell en la Junior High por correo electronico a [sailorj@carthagetigers.org](mailto:sailorj@carthagetigers.org) o [mcconnellk@carthagetigers.org](mailto:mcconnellk@carthagetigers.org). !Gracias!**