

# **KMS Strength and Conditioning Club**

Karcher Middle School Strength and Conditioning Club is open to any 7th or 8th grade, male or female student that attends Karcher Middle School. The club is centered building foundational strength and power through age appropriate weight training exercises. Students will work with a partner and the exercises will be closely monitored and by a supervisor. The club will also help each student further develop in the following areas:

- Agility
- Speed
- Core Strength
- Flexibility
- Conditioning

Sessions will be held in the Karcher Middle School weight room, wrestling room, and other area of the buildings. If weather allows, we may hold a portion of some sessions outside. Safety, respect for equipment/students, and a positive environment are expectations this club. Participants are expected to change and should wear similar clothes to what they wear for physical education. Participants that do not follow our expectations will be removed from the club.

All participants need to complete and return the following permission slip prior to joining the club.

If you have any questions, please contact Mr. Sulik and/or Mr. Block.

Mr. Sulik

Mr. Block

# KMS Strength and Conditioning Club

Parent-Participant Permission (Sign & Return):

Parent Signature:

---

Participant Signature:

---

## **Session Dates and Times:**

Monday, January 28<sup>th</sup> 2:30 – 4:00 8<sup>th</sup> Grade

Tuesday, January 29<sup>th</sup> 2:30 – 4:00 7<sup>th</sup> Grade

Thursday, January 31<sup>st</sup> 2:30 – 4:00 8<sup>th</sup> Grade

Monday, February 4<sup>th</sup> 2:30 - 4:00 8<sup>th</sup> Grade

Tuesday, February 5<sup>th</sup> 2:30 – 4:00 7<sup>th</sup> Grade

Thursday, February 7<sup>th</sup> 2:30 – 4:00 7<sup>th</sup> Grade

Monday, February 11<sup>th</sup> 2:30 – 4:00 8<sup>th</sup> Grade

Tuesday, February 12<sup>th</sup> 2:30 – 4:00 7<sup>th</sup> Grade

Thursday, February 14<sup>th</sup> 2:30 – 4:00 8<sup>th</sup> Grade

Monday, February 18<sup>th</sup> 2:30 – 4:00 8<sup>th</sup> Grade

Tuesday, February 19<sup>th</sup> 2:30 – 4:00 7<sup>th</sup> Grade

Thursday, February 21<sup>st</sup> 2:30 – 4:00 7<sup>th</sup> Grade

Monday, February 25<sup>th</sup> 2:30 – 4:00 8<sup>th</sup> Grade

Tuesday, February 26<sup>th</sup> 2:30 – 4:00 7<sup>th</sup> Grade

# **KMS Strength and Conditioning Club**

Thursday, February 28<sup>th</sup> 2:30 – 4:00 8<sup>th</sup> Grade

Monday, March 4<sup>th</sup> 2:30 – 4:00 8<sup>th</sup> Grade

Tuesday, March 5<sup>th</sup> 2:30 – 4:00 7<sup>th</sup> Grade

Thursday, March 7<sup>th</sup> 2:30 – 4:00 7<sup>th</sup> Grade

Monday, March 11<sup>th</sup> 2:30 – 4:00 8<sup>th</sup> Grade

Tuesday, March 12<sup>th</sup> 2:30 – 4:00 7<sup>th</sup> Grade

Thursday, March 14<sup>th</sup> 2:30 – 4:00 Both

Monday, March 18<sup>th</sup> 2:30 – 4:00 Both