

**RICE MEMORIAL HIGH SCHOOL**  
**Bigger-Faster-Stronger Conditioning Program**  
**Parent Permission and Release Form**

I/we \_\_\_\_\_, give permission  
(Name of parent/guardian)

for my son/daughter \_\_\_\_\_, to  
(Name of participant)

participate in the Rice Memorial Catholic High School Bigger-Faster-Stronger (BFS) conditioning program. We the undersigned state the participant is covered by appropriate medical insurance. Furthermore, we the undersigned, release and hold harmless Rice Memorial Catholic High School and its agents of any injury incurred during participation in said program.

All athletes who participate must return this form, signed and dated by their parent/guardian. In addition, each participant must have completed and signed the *Sport Physical form for the 2003-04 calendar year*.

**Any eighth grade student who participates, must complete all applicable admission paperwork and submit the deposit before commencing with this program.**

The program will consist of weight training, agility drills, flexibility, plyometric and speed conditioning. It will take place from 3:00 p.m. to 4:00 p.m. on Monday's and from 4:30 – 6:30 p.m. on Tuesday, Wednesday, Thursday and Friday.

**UNDER NO CIRCUMSTANCE WILL AN ATHLETE BE  
PERMITTED TO TRAIN WITHOUT SUPERVISION**