

Weight Training Assignment

Coach Richey

- **The first of very few assignments for Weight Training is to simply:**
 - **print off the last page from the class syllabus**
 - **fill out the short questionnaire**
 - **have the athlete & a parent sign it verifying that you have indeed read it**
 - **write down any health concerns that I, as coach, need to know about prior to the class beginning**
- **Due: Friday, August 18th**
 - **Extra credit of 5 points for early turn in (Mon., Tues, Wed., Thur)**
- **Value: 25 points**