

Welcome!!

Welcome to the Valley Middle School Fitness Club. If you are interested in leading a healthy lifestyle and learning about the benefits of being physically fit, this club is for you! Members will meet monthly at the Valley Middle School and workouts will be in the gym or outside depending upon the weather. Each student will be asked to be dressed appropriately and come with a change of clothes if necessary. Each student is also asked to bring a bottle of water. We will be working out, walking outside, or playing in the gym. Students will need to stay hydrated and having water is very important. So let's have fun and get fit!!!

Students: Please sign that you understand the rules stated on the back of this sheet.

Parents: Please sign and date below indicating your permission for your son or daughter to participate in the club.

Student's Name: _____

Student's Signature: _____

Parent's Signature: _____

Date: _____

Valley Fitness Club By-Laws



1. Members are expected to participate, to the best of their ability, in the fitness club. Inappropriate behavior will not be tolerated and anyone not participating in the club may be dropped at my discretion.
2. Members of the club who have disciplinary action resulting in 2 days suspension, (whether these suspensions are concurrent or discontinuous, in school or out of school) will be dropped from the club. Also, members can be removed from the club for violating school and classroom rules. Being a member of the fitness club is a privilege.
3. Members are expected to be in good academic standing. Any member failing a class will not be allowed to participate for that week.
4. Any problems are to be directed to me immediately.
5. Have fun and be fit!!

Mr. Sisock Fitness Club Advisor