

Weight Room Consent Form

Parents,

After many years of longing by our coaches we are finally set to begin using our new weight room. As you can imagine, we are extremely excited about what this will add to all of our sports programs. Our coaches will be responsible for overseeing our student athletes as they work in the weight room. Anytime that you are dealing with weight lifting equipment there is the possibility of injury. Our coaches will do their very best to make sure that your student athletes are properly instructed on how to use the equipment. However, we are asking that parents sign this consent form stating that they are okay with their student lifting weights here at the school. We will not allow your student to lift until we have these forms turned back in. Thank you for your cooperation as we continue to strive towards excellence in everything that we do athletically here at Christ Chapel Academy.

I _____ give my consent for my son/daughter

Parent's name

_____ to use the Christ Chapel Academy weight room under the

Student's name

Direct supervision of the coaching staff at CCA.

Parent Signature

Date

Student Signature

Date