

LEWIS S. MILLS HIGH SCHOOL

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**LEWIS S. MILLS HIGH SCHOOL
OUT-OF-SEASON ATHLETIC TEAM CONDITIONING
PARENT/ATHLETE CONSENT FORM**

Student's Name: _____ Grade: _____ Sport: _____

Conditioning Season: Summer, Fall, Winter, Spring

Please circle

The CIAC allows member high school teams to conduct non-mandatory out-of-season conditioning programs provided students are not coerced to participate and as long as the programs do not interfere with any other educational, athletic or family commitments. In addition, the programs must be supervised by members of the coaching staff and no sport-specific equipment may be used.

Participation in this program is completely optional and attendance will not directly impact a student-athlete making the high school team. It is recognized; however, that student-athletes coming into tryouts in better shape may have a competitive advantage over other, less conditioned athletes. This out-of-season conditioning program is not an interscholastic athletic program; therefore, you should make certain your child is medically able to participate in the rigors such a program demands.

While off season conditioning is strongly encouraged, it does not guarantee a spot on a roster.

I give permission for my child (listed above) to participate in the optional out-of-season conditioning program and state that my child has a valid physical exam (good for 13 months) and has no medical restrictions limiting his/her ability to fully participate in this program.

Signature of Parent/Guardian

Date

As an athlete at Lewis Mills High School, I am willing to participate in a planned out-of-season conditioning program of my own free will and agree to abide by the following:

- I will attend only at times specified by my coach
- I will not bring any sport specific equipment or use any sport specific equipment during these sessions
- I will participate only under the supervision of my coach(s)

Signature of Student-Athlete

Date

**Regional School District No. 10
Burlington • Harwinton**