



Ridgefield High School • Department of Athletics

TIGER HOLLOW WEIGHTLIFTING PARTICIPATION FEE

The Ridgefield Athletic Department will be providing a supervised out-of-season strength and conditioning program. The training will be conducted in the Tiger Hollow Strength & Conditioning Center and is open to any student at RHS. Any student-athlete preparing for an upcoming athletic season is encouraged to take advantage of this opportunity. The training will be very comprehensive and designed to enhance athletic performance, improve strength and power, and provide a significant injury prevention advantage. If you have specific questions about the program please email Coach McLean at petemclean07@gmail.com.

- Fees: \$125.00 per student/season, check payable to: Ridgefield High School
- 4 seasons per school year:
 - Summer: June 26 – August 23
 - Fall: August 24 – November 22
 - Winter: November 27 – March 16
 - Spring: March 17 – June 30
- Fee cap (2 seasons / \$250 per student athlete per school year) Additional seasons free of charge
- Questions? Contact Coach Pete McLean at petemclean07@gmail.com

HOW TO SIGN UP FOR THE TIGER POWER STRENGTH & CONDITIONING PROGRAM

- Complete the online RHS Athletics Emergency Treatment Consent Form (go to: www.ridgefield.org)
- Mail completed consent form, along with this form and your check (*payable to Ridgefield High School*) to: Ridgefield High School, Athletics Department, 700 North Salem Rd., Ridgefield, CT 06877

PLEASE PRINT OR TYPE THE INFORMATION REQUESTED BELOW AND RETURN TO
THE RIDGEFIELD HIGH SCHOOL ATHLETICS DEPARTMENT

Date

Student's Name (PLEASE PRINT)

Grade

Phone Number

Home Address

Male Female

Please indicate season(s): Summer Fall Winter Spring

Check Enclosed or No fee due (fee cap of \$250 reached for current school year)