

RAIDER STRENGTH & CONDITIONING

2011/2012



YOUNG CHAMPIONS  
5TH & 6TH GRADE  
PROGRAM

Hillsborough High School Athletic Complex

**RAIDER STRENGTH AND CONDITIONING  
5th & 6th "PP" YOUNG CHAMPIONS PROGRAM**

James E. McFarland Jr., MA Ed., CSCS\*D  
Hillsborough High School  
466 Raider Blvd  
Hillsborough, NJ 08844

I/We understand that transportation is not available for this activity and that we are responsible for carpool arrangements or otherwise for our child. I/We will not hold the Hillsborough school district liable for any injuries that may occur as a result of camp related activity. I/We also give permission to any qualified staff member to apply first aid and/or arrange for emergency transportation if needed.

Finally, as parent or guardian, I/we do carry proper medical insurance and understand that this is to be used as a primary insurance with Hillsborough Board of Education as a secondary insurance carrier. I/We have read, understand, and agree to this arrangement.

Home Address \_\_\_\_\_

Email Address \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

Home Phone \_\_\_\_\_

Emergency phone # \_\_\_\_\_

Relationship to player \_\_\_\_\_

**HHS RAIDER STRENGTH & CONDITIONING  
5th & 6th GRADE  
YOUNG CHAMPIONS PROGRAM**



**Where:** *HHS Athletic Complex*

**When:** TUESDAYS AND FRIDAYS  
*6 WEEK PROGRAM*  
( WHEN THE SCHOOL DISTRICT IS  
NOT FOLLOWING HOLIDAY OR AD-  
JUSTED SCHEDULES)  
**4:30 p.m.—5:30 p.m.**  
*\*Summer days/hours different*

**What to Bring:** Shorts            Water Bottle  
T-Shirts  
Sneakers  
Sweats

**Who:** Enrolled in grades 5 - 6

Hillsborough Raider Strength and conditioning is proud to present our yearly middle school strength and conditioning programming. Coaches from HHS will demonstrate the proper techniques and exercises to increase fitness and athletic development. Safety in training will be stressed, while a fun and a disciplined approach to physical development will be learned. Participants may also be eligible to compete at **Competitive Weightlifting and Powerlifting Events** involving Grades 5—12.

**TUESDAY                      FRIDAY**

4:30 p.m.—5:30p.m.                      4:30p.m.— 5:30p.m.

**SESSIONS**

**FALL**                      **WINTER I&II**                      **SPRING**  
Sept. 20-Oct. 28                      Nov. 15-Jan. 10                      March 20-May 8  
Jan. 24- March 2

**\*SUMMER( 6 week program)**  
Tues./Thurs. 9:00—10:00 a.m.  
June 26— Aug. 2

**TO REGISTER**

Using the attached form (see right) please: **1.** detach **2.** complete entire form **3.** bring on the first day of class with a check or M.O. for **\$85.00** payable to *Hillsborough Board of Education*

**Have Any Questions? Need Information?**

<https://www.hillsborough.k12.nj.us/Page/937>

*click-Raider Strength and Conditioning*

**CONTACT: JAMES MCFARLAND MA Ed., CSCS\*D**

**Wk Cell (732) 904-3801**

It is with my approval and consent that my child \_\_\_\_\_, entering grade \_\_\_\_\_ in the fall of \_\_\_\_\_, may participate in the **Raider Strength and Conditioning Program**. We are aware that all athletic activities involve the potential for injury. We acknowledge that even with the best instruction, use of good equipment and strict observance of rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in varying degrees of disability or even death. We acknowledge that we have read and understand this warning.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Shirt size