



Tiger Performance Training will begin with 6th grade students, as well as any 7th and 8th grade students not enrolled in weightlifting (TPT) at the middle school during the day. TPT for 6th graders and beginners will be focused on developing proper functional movements through the use of PVC piping (mock bar) and body weight exercises. In addition, conditioning and agility will take place. The goal of TPT at this level is to engage students in physical activity that will help them develop athleticism and mental toughness and prepare them for the expectation of year-round weight training as they enter the high school level.

When: Begins Tuesday, Sept 22nd and will run through the remainder of the fall season every Tuesday and Thursday.

Time: After school until 4:30 PM

All students must sign up for TPT and have a completed permission form. Any student wanting to ride the activity bus home after TPT will need to complete the WIN form as well.

Where: Waynesville Middle School (6th) Waynesville HS (7th-8th)

Please sign the attached permission slip to allow your student to participate in Tiger Performance Training. Students will not be allowed to participate without a signed permission form on file.

Student Name (Printed): _____

Parent/Guardian Name (Printed): _____ Parents Number: _____

By signing the below I grant permission as the guardian or parent of the above named student to participate in Tiger Performance Training at Waynesville Middle School and High School.

Parent/Guardian Signature: _____