

# HILLSBOROUGH HIGH SCHOOL WEIGHT ROOM PERMISSION / PACT

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## Student Acknowledgment:

I, \_\_\_\_\_, have read and understand  
( print full name of student )

the Hillsborough High School Weight Room Regulations and agree to comply with them as written. I also agree to comply with all verbal and written instructions communicated by the weight room supervisor. I acknowledge that my failure to comply with these rules / instructions may result in loss of weight room privileges and / or disciplinary action from the high school administration. I am fully aware of the risks involved in any form of physical activity. I understand that even with the best instruction, proper use of equipment, and strict adherence to rules / regulations injuries are still a possibility. I agree to accept these risks as a condition of my participation in the after school / summer weight room program.

\_\_\_\_\_  
(Signature of Student)

\_\_\_\_\_  
date

## Parent / Guardian Consent:

It is with my consent that my son / daughter

\_\_\_\_\_  
( print full name of student )

participates in the after school weight room program conducted by Hillsborough High School. I am aware that any form of physical involves the risk of injury. I acknowledge that even with the best instruction, proper use of equipment, and strict adherence to rules / regulations injuries are still a possibility. On rare occasions, these injuries can be of a serious nature to result in varying degrees of disability or even death. I acknowledge that I have read and understand the warning stated in this document.

\_\_\_\_\_  
(Signature of parent / guardian)

\_\_\_\_\_  
date

## Student Information:

Emergency Contact Name: \_\_\_\_\_ Phone Number \_\_\_\_\_

Parent Email Address \_\_\_\_\_ @ \_\_\_\_\_

Student Grade 2007/2008 \_\_\_\_\_ Age \_\_\_\_\_

School Attended: \_\_\_\_\_

Sports Participated in: Fall \_\_\_\_\_ Winter \_\_\_\_\_ Spring \_\_\_\_\_

## For Additional Information Visit:

[www.hillsborough.k12.nj.us/hhs/site/default.asp](http://www.hillsborough.k12.nj.us/hhs/site/default.asp)

**“Click” Athletic Dept, then “Click” Raider Strength and Conditioning**