



**2012/2013**



**7TH & 8TH GRADE  
PROGRAM**



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

**RAIDER STRENGTH AND CONDITIONING  
MIDDLE SCHOOL PROGRAM**

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

## MIDDLE SCHOOL PROGRAM

Where:

**HHS WEIGHTROOM**

When:

MONDAYS AND THURSDAYS  
 6 WEEK PROGRAM  
 (WHEN THE SCHOOL DISTRICT IS NOT FOLLOWING HOLIDAY OR ADJUSTED SCHEDULES)  
**4:30 p.m.—5:30 p.m.**

Transportation:

*May be available for those in need.  
 Email [jmcfarland@hps.us](mailto:jmcfarland@hps.us) with a request*

What to Bring:

Shorts                      Water Bottle  
 T-Shirts  
 Sneakers  
 Sweats

Who:

Enrolled in grades 7 - 8

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.



**MONDAY                      THURSDAY**

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

**SESSIONS**

<b><u>FALL</u></b>	<b><u>WINTER I&amp;II</u></b>	<b><u>SPRING I&amp;II</u></b>
Sept. 20-Oct. 29	Nov. 1-Dec. 20 Jan. 7-Feb. 21	Feb. 25-April 11 April 15-May 23

**\*SUMMER (6 week program)**  
**TUES/THURS. 8:00– 9:00 a.m.**  
**June 25th-Aug. 1st**

**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 **\$95.00** 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