

# WESTSIDE MONTESSORI SCHOOL



## TEAM DESCRIPTION:

PROVIDING STUDENTS WITH WORKOUTS BASED ON THEIR PHYSICAL CAPABILITIES. THE FOCUS WILL BE ON STUDENT INDIVIDUAL NEEDS FOR FITNESS, MENTAL STRENGTH, AND/OR WHICHEVER SPORT THEY MAY PLAYING OR WANT TO PLAY. TRAINING WILL ENTAIL ENDURANCE RUNS, SPEED ENDURANCE, AGILITY, BALANCE, COORDINATION, CORE STRENGTH, MENTAL STRENGTH, AND OTHER FORM OF EXERCISES.

**GRADES:** 2ND - 6TH

**SCHEDULE:** MON, WED & THU. MON & THU @ TERRY HERSHEY. WED ON CAMPUS

**FEE:** \$350 ONE TIME FEE

**PAYMENT METHOD:** CHECK AND ZELLE

**DATES:** SEPTEMBER 4 - NOVEMBER 6. DATES SUBJECT TO CHANGE DUE TO WEATHER.

FOR MORE INFO: (405)532-9099 LAVERNE\_J@SBCGLOBAL.NET



## REGISTRATION FORM

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address w/zip code: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Any special information about your child that I should know:

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Practices start Sept 4. There will be no classes on in-service days. Fees must be paid before students can attend.

Each child must pack proper workout attire and bring a water bottle.

Submit your registration form to Coach Jones via email at  
laverne\_j@sbcglobal.net

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