I/We understand that transportation is not available for this activity and that we are responsible for trip arrangements. 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. I/We understand that transportation is not available for this activity and that we are responsible for trip arrangements.
Hillsborough Raider Strength and conditioning is proud to present our yearly middle school strength and conditioning programming. Coaches from HHS will increase fitness and athletic development. Safety in training will be stressed, while a fun and 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.

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.

TO REGISTER click-Raider Strength and Conditioning
https://www.hillsborough.k12.nj.us/Page/937

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