

CPMS Warriors Physical Conditioning Club



Mr. Mathews is excited to offer a physical conditioning club for interested 6th, 7th, and 8th grade students who are not in his 8th grade Physical Conditioning class and are not currently participating in a sport. The club will work on developmentally appropriate training to enhance strength, speed, and overall performance.

There will be three days available. We will run as one group that meets Monday/Wednesday/Thursday

Starting Date:

Wednesday 8/10/2022 (Will accept students after this date)

Times: Immediately after school until 4:15. Students should be in the cafeteria until Coach Mathews arrives to take them to the weight room.

Pickup: Outside door 1S (main entrance) at 4:20.

Physical Requirement: You must have a physical on file and registered on Final Forms in order to participate. If you do not, you may still register, then participate once you have the physical turned in and Final Forms all completed.

Register: For safety reasons, we are limiting enrollment to 36 athletes. Students/parents should email Mr. Mathews to confirm they are joining the club.

Questions: Email Mr. Tony Mathews at tmathews@cpsc.k12.in.us if you have any questions or need additional information.