

Dear parents:

I would like to inform you that your son or daughter has expressed interest in the wolverine fitness club. This club is intended to prepare our wolverine athletes for the extracurricular sports that we offer at Wilson. Fitness club will typically run for an hour on Mondays and Thursdays throughout the school year. My plan for this club is to educate our student athletes on how to take ownership of their personal well-being; students will be expected to develop their own regiment, set goals, and most importantly commit to maintaining a healthy lifestyle.

The main location for this fitness club will be the weight room at Wilson. We will focus mainly on strength training and cardio but will also spend some time exploring healthy eating and sport psychology.

A commitment such as this requires a strong support system; please spend some time talking with your son or daughter to help them set attainable and realistic goals. At this age students should not be looking to build muscle mass and this is not the aim of the club. My goal is to inform your child of the steps that they need to take to develop and maintain a fitness routine that will hopefully carry over for years to come.

If you have any questions or concerns please feel free to contact me [cody.hall@lethsd.ab.ca](mailto:cody.hall@lethsd.ab.ca) or 403-329-3144 ext. 33515.

Cody Hall

Wilson Middle School PE Dept.