

Zero Hour Strength Training
Requirements/Commitments

Zero Hour Strength Training will be offered at FHS during the **2019-2020 school year** to open up students' schedules and allow for more students to enroll in this popular course. This course will operate the same as all other Strength Training courses and count as a 1.0 Physical Education credit for graduation.

1. Student must enroll in 7 classes. Student will not be allowed to leave school early.
2. Student will be expected to enroll in 6 other academic based courses the rest of the school day.
3. Student and parents must be able to commit to personal transportation each school day. No buses will be offered earlier in the morning so the students will be responsible for getting to school on time each day. (There will be no class on late start days, scheduled and weather related)
4. Student will be enrolled in class for the entire school year. If the class is dropped after the 2 week mark, the student will receive an F on their transcript and the Strength Training class will not be added elsewhere on their schedule.
5. Running Start/Skills Center/SVT students will have access to this class based on them meeting all requirements above and for their specific program, **if space allows.**
6. Attendance, behavior, and grades will all be consistent with the Freeman High School expectations.

Student Signature

Date

Parent/Guardian Signature

Date

Counselor Signature

Date

Administrator Signature

Date