



TRAVERSE CITY WEST TITANS

After School 6th - 8th Grade Fitness Program

We are happy to be able to offer an after school fitness program for this school year at Traverse City West Middle School.

Jason Morrow, Middle School Physical Education Teacher and Assistant Varsity Football Coach along with Blake Vance, Middle School Physical Education Teacher will be directing the program.

The Program will start Tuesday, January 5th 2010 and will run for 6 weeks through Thursday, February 11th, 2010.

Program Details:

- Meets 2/days week for 6 weeks after school.
- Tues/Thurs 2:45 – 4:15 PM
- Cost: \$20 payable to “TCAPS”
- Permission Slip required (grade wing office and staff have forms)
- Students should dress for activity and meet in the Treadmill Room by 2:45

Possible Activities:

- Resistance Training
- Team Games
- Cardio Workouts
- Spinning and Treadmill Workouts
- Outdoor Winter Activities (XC Skiing, Snowshoeing, Sledding)
- President’s Challenge Physical Fitness Program
- Climbing Wall

Contact information:

Jason Morrow: 933-8341, morrowja@tcaps.net

Blake Vance: 933-8295, vancebl@tcaps.net

We look forward to a fun fitness experience!