

# Bulls/Sox Academy Fitness Trip

The physical education department is taking a trip to the Bulls/Sox Academy in Lisle, Illinois. The purpose of the trip is to promote fitness in our students and as an extension of our Fuel Up to Play 60 program. While on the trip the students will be rotating through a variety of different stations about fitness, strength training, team-building, and nutrition.

**Who:** 7<sup>th</sup> Grade

**When:** February 23<sup>rd</sup>, 2012

**Cost:** \$12.00

**Agenda:**

9:00 – Depart

9:45 – Arrive at Bulls/Sox Academy

12:45 – Depart

1:30 – Arrive at HG and eat lunch (Students must bring a brown bag lunch!)

**Forms:**

Forms are available in the gym but MUST be turned in to Mrs. Benda by February 3<sup>rd</sup>, 2012. Forms will be made available on January 19<sup>th</sup>. No forms may be turned in prior to Monday, January 23<sup>rd</sup>.

**Limited Space:**

- The Bulls/Sox Academy has limited space available for the students. As a result not all students will be allowed to attend the trip. The following are the guidelines for space accommodations and transportation concerns:
- The first 60 students who turn in all completed forms and money will be allowed to attend.
- After the first 60 the next 40 students will go on a waiting list until 100 students have turned in all forms.
- The first 120 students to turn in all completed forms and pay will be allowed to attend the trip.
- After 120 students the next 30 students will go on a waiting list until the number reaches 150. Maximum attendance for the trip is 160 students.

In order to be counted in the above totals you must turn in...

1. \$12.00 (Checks made payable to Heritage Grove or Cash)
2. Trip Consent Form
3. Bulls/Sox Individual Waiver Form

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We are in need of chaperones for the trip. If you are interested please fill out the information below and Mrs. Benda will contact you.

Student Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Day Time Phone: \_\_\_\_\_