

Summer 2024 Upper School Sports Fitness Center Hours

Hello TFS Family,

To further enhance sports performance and fitness for our student athletes, the upper school Sports Fitness Center - located underneath the upper school student center - will be open Monday through Friday mornings from 8:00-9:30 AM for high school and middle school students/athletes to train consistently.

May 27 – June 2 CLOSED

Friday June 7 CLOSED

July 1-7 CLOSED

Students or athletes who want a strength, power, or fitness program, please contact Coach D dianna.neal@tallulahfalls.org with the following information:

- How many days per week, what weeks are you available, and what time will you commit to being there each of those days?
- If known, what are your athletic or fitness goals?
- What sport(s) will you be participating in?
- Have you had any recent injury, illness, or fitness limiting situation I need to be aware of?

Though individual instruction and technique will be provided as part of the program, these are not personal training sessions. Multiple ages among multiple sports will be training at the same time.

NOTE: Students/athletes/alumni who simply want to use the facility to safely do their own program are allowed to do so **ONLY** during these hours.

Everyone - all students and staff - are expected to sign in. It helps to keep track of the numbers using the facility. **Users are expected to dress in workout apparel.** Street clothes, jeans, belts, crocs, barefoot or open toed shoes, etc. are not allowed.

Video monitoring is used for safety and accountability purposes.

Students or alumni are not allowed to use the facility without TFS adult supervision. No student or alumni are allowed to lift alone.

The following forms are REQUIRED for participation in any sport for 2024-25 or to workout in TFS facilities. Please fill these out and upload to your TFS Magnus Health account.

GIAA Physical Exam Form

<https://giaasports.org/wp-content/uploads/2022/05/GIAA-Preparticipation-Physical-History-and-Evaluation-Form-Fillable-2022.pdf>

Student/Parent Concussion Awareness Form

<https://giaasports.org/wp-content/uploads/2022/05/GIAA-Concussion-Awareness-Form.pdf>

Student/Parent Sudden Cardiac Arrest Form

<https://giaasports.org/wp-content/uploads/2022/05/GIAA-Sudden-Cardiac-Arrest-Awareness-Form.pdf>

Student/Parent Heat Policy Form

<https://giaasports.org/wp-content/uploads/2022/09/GIAA-Heat-Policy-Awareness-Form.pdf>

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