

Good day,

The extra-curricular programs have come together in choosing to use the BFS program. Any student out for a sport will be expected to attend 26 (80%) of the 33 day session or *make up the conditioning before their first competitive event.* The coaches along with staff have developed a schedule for the summer. Any school sponsored camp during this lifting schedule may be counted as a lifting day attendance. Students are to lift once a day. This schedule will be updated periodically throughout the summer. Please feel free to call a coach or myself if you have any questions.

We feel this is a positive step to improving the students in the classroom and in the extra-curricular activities.

Again I ask for your help us in getting our students involved in their fitness whether it be through an extra-curricular activity or on a personal level.

Francis Fennell  
Principal  
Warren Jr. Sr. High School