

MATERIALS NEEDED FOR MR. HENDRY'S WEIGHT TRAINING CLASS

P.E. CLOTHES

You need attire for physical activity EVERYDAY and not the same clothes you wear to school!

- ✓ A blue, silver or white t-shirt with sleeves (no tank tops, muscle shirts, cut down shirts, profane words or pictures, beer or tobacco ads)
- ✓ Blue, silver or white gym shorts or sweats
- ✓ Socks and gym shoes with non-marking soles. (no sandals, boots, etc.)
 - *Students are not penalized for not having school colors!*

LOCKERS WITH A COMBINATION LOCK

All boys in P.E. class are required to have a locker in the P.E. locker room with a combination lock. The girl's lockers already have locks so purchasing a lock will not be necessary.

NOTEBOOK & WRITING UTENSIL

The preferred notebook to use to record workouts and take notes is a 2- Subject Notebook – 100 Sheets - College Ruled 9.5 inches x 6 inches. Any pen or pencil will work to write with.

WATER BOTTLES

We will have limited opportunities to leave the weight room to get drinks and many times throughout the semester we will be outside away from water fountains. Students are strongly encouraged to bring water bottles to class as long as they are in a spill-proof container not made of glass.

DISINFECTING WIPES

To help prevent the spread of viruses and bacteria that can cause colds, the Flu, MRSA and Staph, we are asking all students to donate one large container of Clorox Disinfecting Wipes (75-wipes) if possible.