

WYNBERG BOYS' HIGH SCHOOL

CALLISTHENICS

SHORT COURSE



Callisthenics

[kal-uh s-then-iks]

noun

- *gymnastic exercises designed to develop physical strength and conditioning, usually performed with little or no special apparatus.*

The *WBHS Callisthenics Short Course* offers an introduction to body weight strength training and is open to all WBHS boys, Grade 8 - Grade 12.

Focus areas include core and joint stability, basic strength, flexibility and proficiency in basic movement patterns that together provide the foundation for callisthenics.

All prospective participants are expected to commit themselves to the full duration of the course.

No equipment is required. A beach towel is optional for stretching.

Duration:	5 WEEKS
Days:	MONDAY: 15:00 - 16:00 THURSDAY: 16:30 - 17:30
Venue:	OUTDOOR GYM - SE corner of WBHS school property
Availability:	12 Participants
Coach:	Mr M. Melck <i>Diploma in Sports Coaching, specialising in Canoe/Kayak Simmelweis University, HUN. 2004.</i>

CALLISTHENICS - REGISTRATION FORM

PERSONAL INFORMATION

Surname: _____

Name: _____

Date of Birth: _____

Age: _____

Grade: _____

Parent / Guardian (Name & Surname):

Emergency Contact Numbers:

1. _____ (name) _____

2. _____ (name) _____

3. _____ (name) _____

Medical Aid

Name: _____

Option: _____

Main Member: _____

Email: _____

MEDICAL HISTORY

Existing Medical Conditions:
(eg: Heart Condition / Diabetes etc.)

1. _____

2. _____

3. _____

4. _____

Previous Injuries

(Please list any previous injury & date of injury)

1. _____ / year: _____

2. _____ / year: _____

3. _____ / year: _____

4. _____ / year: _____

5. _____ / year: _____

6. _____ / year: _____

7. _____ / year: _____

8. _____ / year: _____

9. _____ / year: _____

10. _____ / year: _____

Use the Body Diagram below to mark the location of each injury

