

**Coach Sheppard**  
**Weight Training/Physical Conditioning**  
**Hephzibah High School**  
**Email: SheppJa@BOE.richmond.k12.ga.us**

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**Dear Students and Parents/Guardians,**

Welcome to **Weight Training and Physical Conditioning**! I'm excited to have you enrolled in this course, which focuses on developing lifelong fitness habits, improving physical performance, and enhancing overall health and well-being.

Throughout the semester, students will participate in a structured fitness program that includes strength training, cardiovascular conditioning, mobility work, and core development. Our primary goals are to:

- Build muscular strength and endurance
- Improve cardiovascular health and overall physical fitness
- Learn proper lifting technique and safety protocols
- Explore the principles of training (FITT, progression, overload, etc.)
- Understand the role of nutrition, hydration, rest, and recovery

Students will be introduced to various training methods such as free weights, resistance bands, bodyweight exercises, and functional fitness movements. Each student will be encouraged to track their progress, set realistic personal goals, and take ownership of their individual fitness journey.

**Expectations for Class:**

- Wear appropriate athletic clothing and footwear daily
- Arrive prepared and ready to participate
- Show respect for classmates, equipment, and instructors
- Demonstrate effort, accountability, and a positive attitude

This course is suitable for students of all fitness levels—from beginners to experienced athletes. Every student will be challenged appropriately, with a strong emphasis on safety, consistency, and personal improvement.

If you have any questions or would like to discuss your student's progress at any point, please don't hesitate to reach out. I look forward to an active, engaging, and rewarding semester.

Thank you for your support.

Sincerely,  
**Coach Sheppard**  
Weight Training Instructor