



# CHEROKEE TRAIL HIGH SCHOOL- CCSD

## WELLNESS/FITNESS ACTIVITIES

Student \_\_\_\_\_

Grade Level: 9 10 11 12

Nature of Illness / Injury \_\_\_\_\_

Duration of Modification Required \_\_\_\_\_ Weeks \_\_\_\_\_ Months

Elevator Pass Required? \_\_\_\_\_ No \_\_\_\_\_ Yes Elevator Pass Through Date \_\_\_\_\_

We have the ability to modify physical activity for students who have various injuries, illnesses, or health conditions allowing movement when they are unable to participate in their regular class activity.

*Please read though the list below and note those items you feel would be suitable*

Kinetic Wellness Activity Classes	May Participate	May Not Participate	Comments
Free Weight Training – no restrictions			
Free Weight Training – upper body only			
Free Weight Training – lower body only			
TRX Bands			
Aerobics/Kickboxing			
Core Strength			
Flexibility Training			
Aerodyne Bicycle			
Foam Rollers			
Walking			
Jogging/Running			
Soccer			
Tennis			
Flag Football			
Lacrosse			
Swimming			
Badminton			
Softball			
Volleyball			
Basketball			
Yoga			
Rehabilitation Exercises (please provide)			

**Additional Comments or Instructions:**

\_\_\_\_\_

Physician Signature \_\_\_\_\_ Phone #: \_\_\_\_\_ Date: \_\_\_\_\_

Please feel free to contact us for further clarification. Return this form to Cherokee Trail High School via the student or parent.

Elizabeth Creamer, Wellness/Fitness Department Chair 720-886-9612 Email: [ecreamer@cherrycreekschools.org](mailto:ecreamer@cherrycreekschools.org)

Ashley Krause, Head Athletic Trainer 720-886-2002 Email: [akrause3@cherrycreekschools.org](mailto:akrause3@cherrycreekschools.org)

**FOR WELLNESS/FITNESS DEPARTMENT ONLY**

Teacher Name: \_\_\_\_\_ Date Received: \_\_\_\_\_