



2022 Strength and Conditioning Program – Summer Session

Jeannine Roth is a Certified Personal Trainer through the American Council on Exercise (ACE) and a Certified Jazzercise Instructor. She began her fitness career in 1993 when she became a certified Jazzercise instructor, and has held certifications and instructed a variety of fitness programs including Spinning, TRX, Pilates, Zumba, aqua aerobics, fibromyalgia programming, and Arthritis Foundation classes. Jeannine is a proud Seton Class of 1992 alumna, and is the mother of Mia, Seton Class of 2020.

The Strength and Conditioning program focuses on developing and maintaining whole body strength (core, upper and lower body). This program is open to all interested Seton students and staff.

The summer session will be 8 weeks, and the session is \$25.00 per participant. It will be held on Mondays and Wednesday from 9:00am – 10:00 am from June 8th through July 28th at Seton. The first day of the session is on Wednesday due to gym conflicts.

You may pay with cash or check. All checks can be made payable to Seton High School. Please turn the attached emergency release form in to the Athletic Office prior to your first workout. You may bring the form and payment with you to your first session.

Each participant will need to come to the sessions prepared to workout with appropriate attire, including gym shoes. Participants will need to bring a water bottle and a towel.

If you have any questions, please contact Cindy Busse at bussec@setoncincinnati.org or Jeannine Roth at jeannineyetterroth@hotmail.com.



Strength and Conditioning Program Participation Form and Waiver

Student's Name: _____ Birthdate: _____

Sport(s): _____ Graduation Year: _____

Phone: _____

Address: _____ City: _____ Zip: _____

Allergies: _____

Chronic Conditions (e.g. epilepsy, diabetes) _____ Medications: _____

Medical Insurance Co.: _____ ID #: _____ Group No.: _____

Subscriber Name: _____ Phone: _____

Family Doctor: _____ Phone: _____

Family Dentist: _____ Phone: _____

Emergency Contact/Relationship _____ Phone: _____

I certify that my daughter _____ is healthy and free of any injury or illness that would limit her participation in Seton High School's Strength and Conditioning Program. I hereby release, exonerate and discharge Seton High School and the Strength and Conditioning Program, as well as their employees from any and all actions, known or unknown, and from any injuries incurred in training. The below signature by a parent/guardian, does hereby delegate to Seton High School and Strength and Conditioning Program and its employees or agents the authority to seek, obtain and approve any medical care and treatment for the below-named minor, which in their judgment is necessary for the health and well-being of said minor during her attendance at the Seton High School and the Strength and Conditioning Program. Further, I agree to hold Seton High School and Strength and Conditioning Program, its employees or agent, harmless for any liability arising out of any good faith actions taken in seeking and obtaining medical care and treatment for the below-named minor. All costs incurred are the responsibility of the parent/guardian.

Signature of Parent or Guardian

Date