



NEW TRIER HIGH SCHOOL – DISTRICT 203

Health Services: 847-784-2110 (Winnetka) 847-784-7513 (Northfield)

Kinetic Wellness 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 now have facilities, equipment, and supervision to provide students who have various injuries, illnesses, or health conditions an opportunity to participate when they are unable to participate in their regular class activity. Please read through 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			
Cybex Machines			
Core Strength			
Flexibility Training			
Stationary Bicycle			
Elliptical Machine			
Stairmaster			
Rowing Machine			
Walking			
Jogging			
Soccer			
Tennis			
Flag Football			
Lacrosse			
Swimming			
Badminton			
Softball			
Volleyball			
Basketball			
Golf			
Yoga			
Self-Defense			
Dance			
Outdoor Ed: kayaking, rappelling, climbing			
Rehabilitation Exercises (please provide)			

Additional Comments or Instructions:

Physician Signature _____ Phone #: _____ Date: _____

Please feel free to contact us if you need further clarification. Return this form to New Trier High School via the student, parent or Fax to 847-835-9852 at Winnetka or 847-784-3113 at Northfield

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- Pete Collins, Northfield Kinetic Wellness Coordinator 847-784-7735 Email: collinsp@newtrier.k12.il.us
- Janet Ritter, RN, Health Services, Northfield 847-784-7513 Email: ritterj@newtrier.k12.il.us