

Presidential Fitness Test

Saturday, 22 August 2026

Entry is Free

Summer Cove - Back to School Beach Bash



Parents/Spectators are encouraged to stand along the outside area to cheer on their student.

Email: _____ (For reminder notification of event. Please print legibly.)

STUDENT INFORMATION ONLY - Boys & Girls Ages 6 to 17+

Last Name: _____

First Name: _____

1130 - Students age 6 to 9 years

1300 - Students age 10 to 12 years

1400 - Students age 13 to 16 years

1500 - Students age 17+

Telephone/Cell: _____ Age: _____

Is your child/youth registered with Child & Youth Services at JBLM? Yes _____ No _____ (not a requirement to participate)

WAIVER • PARENTS/GUARDIANS PLEASE READ & SIGN BELOW

I, the undersigned, as the parent or legal guardian of the child named above, do hereby give my full consent and approval for my child to participate in the Joint Base Lewis-McChord Presidential Fitness Test, which will be held at Summers Cove on August 22, 2026. I know that the DoW Presidential Fitness Test (PFT) is a potentially hazardous activity. I should not enter and participate unless my child is medically able and properly trained. I agree to abide by any decision of a PFT official relative to my child's ability to safely complete the activities. I assume all risks associated with the PFT activity in the DoW Presidential Fitness Test at Joint Base Lewis-McChord including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the PFT officials, organizers, the United States Air Force, the United States Navy, the United States Army, the United States Marine Corps and the United States Coast Guard, Reserve Units of the United States Armed Forces and all staff/volunteers associated with the DoW Presidential Fitness Test, MWR, sponsors, their representatives, event organizers, and their representatives and successors from all claims and liabilities of any kind arising out of participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any official MWR purpose.

Parent/Guardian Signature: _____ Date: _____

Please turn in at CYS Sports, building 6398 Garcia Blvd, Lewis Main. Located between Hillside Elementary & Hillside Youth Center.

Presidential Physical Fitness Test Includes:

Core & Abdominal Strength - choice of how many Curl-Ups (sit-ups) in one minute *OR* a timed Plank hold.

Cardiorespiratory Fitness - a 20-meter Beep Test, how many times down and back, counted as down 1, back 2, down 3, back 4, etc...

Upper Body Strength - choice of how many Push-Ups *OR* Pull-Ups can you do?

Certificates will be awarded when PFT is completed.