

# CAMP Fitness

Wednesdays 3:15 – 4:00

3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Graders



## Camp Fitness Goals!

- Get physically fit
- Learn about proper training techniques
- Have fun!

## Ultimate Goal:

The Cook Children's 5K Saturday, February 23, 2019

Distance: 3.1 miles

Students will meet the coaches at the front of the school. We will walk to the back of the school together. **Parents are welcome and encouraged to join us in CAMP fitness!**

Each Wednesday, we will begin with a warm-up, which is a vital part of any exercise program. Warm muscles will help reduce injuries.

We will spend the beginning of CAMP Fitness in the playground area by the gym. After Winter Break, we will take runners around the outside of the school. ***It is important that all runners stay on the designated path and with their pacer. This is a safety issue and any runner not following these procedures WILL NOT be able to participate in running club.***

## Parents need to pick runners up on time: Promptly 4:00

Pick up by the front door of the school. Runners not picked up on time **will not** be able to participate in running club.

We have a limited number of spots available to us on our Cowtown grant. Grant eligible participants must have passing grades in all subjects and an E or S in citizenship and specials classes.

We are looking forward to another great season of getting FIT!

Thank you,  
CAMP Fitness Coaches



# Bruce Shulkey CAMP

## Parent Permission Form

Every Wednesday, begins: October 10,

**This parent permission form needs to be completed and turned in before any student can participate.**

By signing my child up for the Bruce Shulkey CAMP Fitness, I understand that he/she must be willing and able to participate and abide by the following expectations.

- My child will listen carefully and follow all directions given by teachers/volunteers and will attend CAMP fitness on a regular basis.
- My child will be picked up by 4:00 pm every Wednesday. I understand that if my child is picked up after 4:00 more than two times, or at any time is picked up later than 4:10, they will no longer be able to participant in CAMP Fitness.
- My child will not be able to participate in activities if they are not wearing athletic shoes with socks.
- Each child is responsible for bringing their own water. School water fountains are not available after school
- All students will need to maintain grades at a 70% or higher in all core subject areas AND citizenship must be an E or S.
- Any student that is in a fight at school will not be able to participate in CAMP fitness.
- Students will only be released to parents or other adults listed on the student's enrollment form.
- If a student is walking home after Camp Fitness, a note must be on file with CAMP Fitness teachers and volunteers.
- All school rules and code of conduct will be enforced.

**PLEASE CLEARLY PRINT Information below:**

Child's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Child's Homeroom Teacher: \_\_\_\_\_

**Parent Information:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_@\_\_\_\_\_

By signing this enrollment form, I fully understand and agree to all statements listed above and that my child is willing and able to participate in CAMP Fitness.

★ **Signature:** \_\_\_\_\_

**Medical**

**My child has asthma (circle one): Y N      There is an inhaler at school (circle one): Y N**

List any health/conditions or concerns your child has:

\_\_\_\_\_