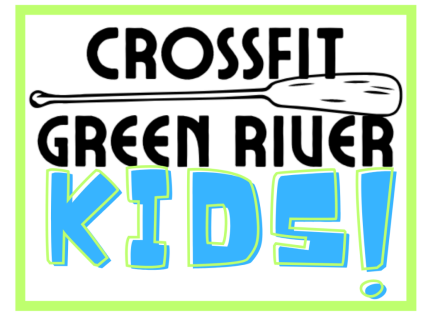


Summer 2024

Dear CrossFit Kids' Parent,

Thank you for allowing your child to be a part of the CrossFit Kids Class! At CrossFit Kids, we will teach your child proper form and mechanics through functional movements. Classes will be different every day and the focus will be on FUN! Our program teaches children to love fitness by making it fun and accessible. Each child is instructed at his or her level, allowing them to experience both challenge and reward in every class.



I want to take this opportunity to introduce myself and to set some procedures and norms for the safety of your child and the efficacy of their CrossFit class experience. My name is Allison Sode. I am a mom of three young boys and a high school chemistry teacher. I am a CrossFit Level 2 trainer and began coaching CrossFit classes in 2017. I will be the primary coach working with your child, however there will be other certified coaches at times.

We will be running three major groups for classes: Preschool (ages 3–5), Kids (ages 6–12), Teens (ages 13–18). Please note that it is not the age of your child that is the deciding factor for what class he or she attends. It is largely based upon individual skill, athleticism, and maturity and is ultimately decided upon by the head coach to ensure your child is getting the most out of the CrossFit experience. Preschool class lasts 30 minutes and the Kids and Teens classes last 45 minutes each.

As previously stated, your child's safety is paramount to the coaches, and it is with this focus I need your help. Below are some rules that we must enforce as a CrossFit Community to best protect your child; please:

1. Walk your children inside the building for the start of class and come inside of the building to pick them up. If your child is in the preschool class, we request that you are present during the class.
2. Immediately notify the head coach if you see anyone in the parking lot or in the gym who does not belong there.
3. Until I get to know all of you and your children by name, please sign your child in and out with the head coach so I can ensure they are going home with the appropriate person.
4. A waiver, signed by the parent or legal guardian, is required for each child before he or she is allowed to participate in class.
5. Ensure your child has a bottle of water or a bottle that can be filled up at the drinking fountain.
6. Ensure your child is wearing clothing appropriate for running, jumping, rolling, pulling, swinging, climbing, crawling, throwing, and being upside down.
7. If you choose to stay and watch the class (which we hope you do!), please do not coach your child.
8. Disciplinary issues will be dealt with as follows: first warning- free of consequence, second warning-sit out for the first two minutes of the game, third warning- go to the parent.
9. Please make the head coach aware of any special needs for your children that may facilitate their individual safety, learning, and growth (such as medications, illness, physical/mental limitations, injury, sports, etc)
10. If your child is in the preschool class, they must be potty trained.

I look forward to getting to know all of you personally and training your children to the utmost of my ability. If you have any questions, comments, problems, or concerns, please don't hesitate to email me at [crossfitgreenriver@gmail.com](mailto:crossfitgreenriver@gmail.com) or message us @crossfitgreenriver on instagram.

Signed, \_\_\_\_\_