

Dear CrossFit Kids parent,

Thank you for allowing your child to be a part of the CrossFit Kids classes! CrossFit has changed all of our lives for the better, and we are excited to share that with our children as they grow and learn life skills. We have the amazing opportunity to work together shape lives and the realities within them, to provide skills to reason, work as a team, accept winning with modesty and losing with grace. In CrossFit Kids class, your child's safety and the opportunity to enhance their personal lives are my primary focus.

I wanted to take the opportunity to introduce myself formally and set aside some policies and procedures for the safety of your child and the efficacy of their CrossFit Kids experience.

My name is Robyn Lang. I am a mother of two children (Asher, 3 ½ and Avery, 13 months) I have worked as a Registered Nurse in the Emergency Room and Surgical Services for 11 years. I started CrossFit when Asher was about 9 months old, and have been attending CrossFit classes since then. In May 2013 I obtained my Level 1 Trainer's certificate, and in early June 2013 I went on to obtain my certificate to teach CrossFit Kids courses.

We will be starting two major groups for classes: Preschool (ages 3-5) and Kids (ages 5-12), with the hope to add a third class for teens as things progress. Please note that it is not the age of your child that is the deciding factor for which class he or she attends. It is largely based on individual skill, athleticism, and maturity and it is ultimately decided on by the coach to ensure your child and the children participating in class with them are getting the most out of each class time. Preschool class lasts roughly 20 minutes and Kids class lasts about 30 minutes.

As previously stated, your child's safety is of great importance to the coaches, and it is with this focus that I need your help. Below are some rules that we must enforce as a CrossFit community to best protect your child.

1. Bring your child to the designated waiting area, where the coach will come meet them and take them onto the gym floor for the days class.
2. Immediately notify the head coach if you see anyone in the parking lot or the gym that doesn't belong there.
3. Unless prearranged with the coach, children are allowed to leave only with the person who brought them to the facility.
4. Payment is month to month, and due on the first of each month.
5. A waiver, signed by parent or legal guardian, is required for each child before he or she is allowed to participate in a class.
6. Ensure your child has a water bottle with them that has their name on it with them.

7. Ensure your children are wearing clothing and shoes appropriate for climbing, jumping, running, crawling, throwing, and being upside down.
8. While you are watching, please do not coach your child. Cheering, however, is always welcome!
9. Children with disciplinary problems: First warning free of consequence, second warning sit out the first two minutes of the game, third warning the child will sit with the parents.
10. Finally, please make the head coach aware of any special needs for your children that may facilitate their individual safety, learning and growth (i.e. medications, illness, physical/mental limitations, injury, etc.)

I look forward to getting to know your children personally and training them to the utmost of my ability. If you have any questions, comments, problems or concerns, please don't hesitate to get ahold of me at the following email address: robyn.lang@comcast.net

Sincerely,

Robyn Lang

CrossFit Everett

CrossFit Kids Emergency Contact Information and Photo Release:

Child's name: _____ Birthdate: _____

Parent(s) name: _____

Cell phone w/area code: _____ Email: _____

Home phone w/area code: _____ Work phone w/area code: _____

The following people have my consent to pick my child up from the facility:

_____	_____
_____	_____
_____	_____

What else do we need to know to help your child have the best experience possible: _____

Signing here releases the coach to administer medication to my child (*parent provided inhaled or medication*) and provide basic first aid (band-aids): _____

Photo Release:

I hereby give permission for images of my child, captured during regular and special events, through video, camera and digital camera to be used solely for the purpose of CrossFit, CrossFit Kids, or Licenses CrossFit affiliate promotional material publications and website and waive any right of compensation or ownership thereto. Last names of minors will not be posted on the internet or website.

Name of Minor: _____

Parent Name (print): _____ Date: _____

Parent Name (signature): _____

CrossFit Kids FAQs

1. **What is CrossFit Kids?** CrossFit Kids is a program that was introduced in 2004 to provide strength and conditioning to children while meeting their developmental needs physically, neurologically and cognitively as well. There are currently over 400 gyms offering programs, and countless PE as well as athletic programs utilizing the methodology as well. Learn more at CrossFitKids.com.
2. **What ages can participate in the CrossFit Kids programs?** Currently CrossFit Everett offers two age categories, Preschool (or age 3-5) and Kids (ages 5-12).
*Please note that placement in the classes is determined as the coach evaluates your child's individual fitness level and coordination.
3. **What should my child bring/wear?** Each child should have a water bottle labeled with his or her name and should come dressed in clothing appropriate for jumping, running, climbing, and being upside down.
4. **What does a CrossFit Kids class look like?** Classes are held in a group setting where we use functional movements that are constantly varied to develop well-rounded athletes. Classes are primarily game based, incorporating skill work and weighted movements that translate directly into what kids do every day in play: running, jumping, climbing, throwing, pushing and pulling. A typical class usually starts with a warm up, moves into skill work, a workout, and finished with a game. CrossFit Kids' primary goal is to equate fitness with fun, thereby placing fitness as a priority in life.
5. **Will my child be lifting weights?** Weighted movements are incorporated into CrossFit Kids workouts after the age of five at the discretion of the CrossFit coach. Dumbbells and kettle bells are used as opposed to barbells with children to prevent causing bar path issues and to work with changing coordination in constantly growing children. With kids' classes, emphasis is placed on perfecting form as opposed to adding weight or performing max lifts.
6. **Is weight lifting safe?** Under appropriate supervision with appropriate form and technique, yes! CrossFit Kids is designed with your child's utmost safety in mind. The American Academy of Pediatrics as well as several independent researchers have both affirmed that lifting weights and impact loading is beneficial to bone development and creates well rounded, strong young athletes and may actually prevent sport injuries.
7. **Are you going to recommend that my child start eating a specific diet?** No. CrossFit Kids encourages whole nutrition, encouraging kids to make the best choices in all situations, including food. We recommend whole foods over processed foods, and believe in helping children distinguish between protein, carbohydrate, and fat as the building blocks they need to fuel their bodies.

8. **Do I need to stay during CrossFit Kids classes?** It is preferred that a parent/or guardian stay on the premises at all times. If a rare occasion arises that this is not possible or that one parent will be dropping off a child and the other will be picking him/her up, please inform the coach.
9. **My child is shy. Am I allowed to participate?** Absolutely! You are more than welcome to come and stand by your child as they get used to the class setting. As he or she gets more comfortable we hope that they will begin interacting and participating on their own, but we understand that adjustment time period may be different for everyone.