

01 June, 2022

Dear CrossFit Kids' Parent,

Thank you for allowing your child to be a part of the CrossFit Kids Class! The commitment to our children's future is a beautiful, arduous, amazingly nuanced path; I am so excited you have chosen CrossFit Kids to be a part of that path as CrossFit has changed my life immeasurably for the better.

With your child, we are not only able to potentially enhance their lives, but we also have the opportunity to shape their lives and their realities within them. I wanted to take this opportunity, now that the Kids Class is underway, to introduce myself formally and to set some policies and procedures for the safety of your child and the efficacy of their CrossFit class experience. For it your child's safety and opportunity to potentiate their personal lives that are my primary focus with CrossFit Kids.

For those who don't already know me, my name is Stephanie Walker and I started doing CrossFit back in 2009! Fitness (in all aspects) has changed my life. I went from the person who had no clue on how to exercise to the person who now owns her own gym! And I even have my own littles now - a five year old and two year old, and I am beyond fortunate that I get to raise them in an environment where health and fitness is not just a normal part of our routine but it is synonymous with FUN.

I will be running two age groups for camps this summer: Preschool (ages 3–5), Kids (ages 5–8). 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. If you have any questions on which age group you think your child is better suited, please don't hesitate to ask!

Preschool class lasts 30 minutes, and the Kids class lasts 40 minutes. As previously stated, your child's safety is paramount to myself and any of the coaches here at CFH, 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.

1. Walk your children inside the building for the start of the class, and come inside the building to pick them up.
2. Bring your children to the designated Kid area, where the head coach will meet them and take them onto the gym floor for the day's class. (This will likely be our bootcamp room towards the back of the building since this is the air conditioned space.)
3. Immediately notify the head coach if you see anyone in the parking lot or in the gym who does not belong there.
4. Unless pre-arranged with the head coach, the children are only allowed to go home with the person who drops them off.

5. 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.

6. Payment is due by the start of the first class. If you have any issues paying online, please see the head coach before the first class starts.

7. A waiver, signed by a parent or legal guardian, is required for each child before he or she is allowed to participate in a class.

8. Ensure your child has a bottle of water, or a bottle that can be filled up at the drinking fountain. Don't forget to put your child's name on it!

9. Ensure your children are wearing clothes appropriate for running, jumping, rolling, pulling, swinging, climbing, crawling, throwing, and being upside down.

10. If you choose to stay and watch the class (which I hope you do!), please do not coach your child.

11. Children with disciplinary problems: first warning-free of consequence, second warning-sit out the first two minutes of the game, third warning-go to the parent.

12. 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, sports, etc.).

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 get a hold of me at the following: stephanie@stephaniewalker.net or shoot me a text at 540-290-4467.

Stephanie Walker