

Please return this form to Ms. Gonyea in room 221 or the front office by Wednesday, March 11th



Join the Camelot Fit Club!



Volunteers are needed to help run Fit Club.
Email agonyea@fcps.edu if you are interested in donating your time!

What? Camelot Fit Club is a FREE training program to gets kids excited about physical activity by introducing them to basic running, strength training, and stretching. Students will train for the Jaguar 5K (or 1M Fun Run).

Why? We want to encourage active lifestyles in kids in a fun and positive environment.

How? Students will have opportunities to practice building up their stamina and love for running through a variety of activities in a setting focused on making fitness fun!

Who? 3rd – 6th graders (boys and girls).

When? We will meet on Mondays AFTER school (4:00 – 5:00pm) and Fridays BEFORE school (7:45 – 8:45am) starting March 16 through April 27. Participants may sign up for Monday afternoons, Friday mornings, or both. The Jaguar 5K and 1-mile Fun Run will be held on Saturday, April 25th.

Where? Practices will be held on the field behind the playground or in the gym during inclement weather. Drop-off and pick-up will be in the gym during inclement weather.

Student's Name: _____

Grade/Teacher: _____

Please check: My child will participate on _____(Monday PM*); _____Friday (AM).

**If you selected Mondays AFTER school, please indicate how your child will be going home:*

Please check: My child is in SACC _____AM_____PM. Parents are responsible for notifying SACC.

Please indicate any special needs and/or allergies that Volunteer Coordinators should be aware of:

Parent/Guardian's name: _____

Parent/Guardian's email/phone: _____ (____)_____

Emergency Contact name/phone: _____ (____)_____

Signature: _____ Date: _____

Print name: _____

Participation in the April 25th Falls Church HS Jaguar 5k or Kids 1M Fun Run is voluntary but involves registration/fees and parents will be responsible for registering their child, paying for the event, and transportation to/from the event. Please see <http://www.jaguar5k.com/> for more information about the event. **Questions? Contact Allison Gonyea at agonyea@fcps.edu.**

See back for additional signature



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CAMELOT FIT CLUB
PARENTAL AUTHORIZATION
AND
ACKNOWLEDGEMENT OF RISK

I hereby grant permission for my child to participate in the Spring Fit Club, to be held on the grounds of Camelot Elementary School, from March 16, 2020 – April 27, 2020, on Mondays AFTER school from 4:00pm-5:00pm and/or Fridays BEFORE school from 7:45am-8:45am. I understand that participation in this event by my child is completely voluntary, and that it will expose my child to potential injury. Further, I agree that my child is physically and medically able to participate, to my knowledge.

I understand that Fairfax County Public Schools does not provide any type of accident or medical payment coverage for its students. If any injuries do occur, I also understand that school personnel will respond just as they do during the school day. I have had an opportunity to discuss any questions I may have with school personnel, and to inspect the location of the activity. By my signature below, I do authorize my child to participate in this activity.

Date

Print Student Name

Print Parent/Guardian Name

Parent/Guardian Signature