



CROSSFIT HD KID'S FITCAMP

Thank you for allowing your child to be part of our Crossfit HD Kid's Fitcamp Class! The commitment to our children's health and wellness is quite literally the greatest gift and life skill that we can give them. Setting them up with a solid foundation of fitness from an early age ensures them a lifetime of success as it nurtures their neurological development as much as their physical development.

WHAT WE DO

Like CrossFit, HD Kid's Fitcamp combines gymnastics, bodyweight movements, and weightlifting elements to develop a broad foundation of fitness. Our main priority is to always pair fitness with FUN to ensure a positive lifelong relationship with health and wellness.

The physical benefits your child will experience as part of our HD Kid's Fitcamp program are really only the beginning of how we can enrich their lives. Through exercising with their peer group in a structured and safe environment, your children will improve social skills, build confidence, understand work ethic, foster teamwork, and learn to value integrity & discipline. More importantly, it is well documented that cognitive development excels in children that are paired with a physical fitness program.

Your child will also be given constant opportunities to succeed and perform better than they previously have, while still learning to fail with dignity and have the grit to grow from those experiences. Children in the HD Kid's Fitcamp program will be more likely to have a self-perception based on what they can do, rather than what they look like or other superficial attributes.

WHO WE ARE

Our Kids Fitcamp coach is Gyllian Bell. She has a degree in Elementary Education with a concentration in Special Education. She will be guiding your children on this beautiful, sometimes arduous, and amazingly nuanced path to Fitness! She has been doing CrossFit for 7 years, has a lifetime of classroom teaching under her belt, as well as

homeschools her three children in learning, life, and fitness. Gyllian and Brian bought CrossFit HD in February of 2018 and have been active in its community ever since.

WHEN IS CLASS?

As our program grows, our goal is to have two separate classes for Preschool and school aged children. However, at this time all ages will be together in one class for multi-age learning and growing. Class times are Tuesdays 1pm (homeschool class), Thursdays 4pm and Saturdays 11am.

The cost is \$80.00 per child/month . If the child's parent is a member of Crossfit HD, then the child (and each additional child) pay only \$20 a month. Punchcards are also available upon request. We will work with you, so if money is the issue, let us know and we will do what we can.

WHAT ARE THE BOX GUIDELINES?

Your child's safety is of paramount importance to our coaches and it is with this focus we need your help.

Below are some rules that we must enforce as a CrossFit HD Community to best protect your child; please:

1. We ask that you endeavor to bring your child to class on time and arrive no later than 10 minutes after the end of class to pick them up. We ask that you physically come inside the gym and make sure a coach is aware that you are leaving with your child. This is a safety precaution we have in place to be aware of who kids are leaving the gym with and when. It is our way of being sure we have done everything in our power to keep your child safe while he or she is in our care.
2. Immediately notify the head coach if you see anyone in the parking lot or in the gym who does not belong there.
3. Unless prearranged with the coach, the children are only allowed to go home with the person who drops them off.
4. Payment is month to month, and due the first of each month (non members), unless otherwise set on your Crossfit HD member contract
5. A waiver, signed by a parent or legal guardian, is required for the family before he or she is allowed to participate in a class. This can be done online at www.crossfithd.com or at the kiosk at the gym.
6. Ensure your child has a bottle of water, or a bottle that can be filled up at the water cooler. Don't forget to put your child's name on it!

7. Ensure your children are wearing clothes appropriate for running, jumping, rolling, pulling, swinging, climbing, crawling, throwing, and being upside down. Sneakers are a must!
8. We want to provide a fun, safe, and encouraging environment. If you see your child, needing a break or some time with you, please feel free to come and grab them to take a break
9. Finally, please make the 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, diagnosis etc.).

WHAT ARE THE KID FITCAMP RULES?

1. YOU ARE STRONG, NOT BECAUSE OF WHAT YOU LIFT BUT BECAUSE YOU KEEP TRYING
2. YOU ARE RESPONSIBLE TO YOURSELF AND OTHERS
3. YOU CAN DO AND YOU ARE DOING IT, OR WILL KEEP WORKING AT IT. (*"I CAN'T" GETS YOU THREE BURPEES*)
4. BE KIND- TO YOURSELF AND OTHERS
5. BE BRAVE, AFRAID IS OK, BUT SOMETIMES YOU NEED TO FEEL THE FEAR AND DO IT ANYWAYS
6. PROTECT YOURSELF AND OTHERS, INSIDE AND OUT
7. INCLUDE EVERYONE, NO MATTER WHAT
8. DO YOUR BEST EVERYPLACE, ALL THE TIME

The Kid's Fitcamp Motto:

I am strong because I keep trying. I am responsible for myself and others. I can do it and I am doing it. I will be kind to myself and others. Afraid is ok, brave is better. I will always look to include others. I will always try my best in everyplace all the time. I am Loved!!

Your child can reap the benefits not only of gaining physical fitness in a Kid's Fitcamp class, but also building character, forging friendships, and increasing mental acuity. As a parent who CrossFits, you already are setting the greatest example for your child and

will always be their hero and role model. Children long to emulate the ones they look up to, and by having a fit kid, you will now share a new and uniquely special bond with them. We look forward to getting to know all of you personally and training your children to the best of our ability. If you have any questions, comments, problems, or concerns, please don't hesitate to get a hold of us at gyllian@crossfithd.com or in person.

