



Dear CrossFit Kids' Parent,

Thank you for allowing your child to be a part of the CrossFit Huntsville Kids Program! The commitment to the future of our children is crucial and there has never been a more critical time to teach our kids the importance of physical activity and what it means to live a healthy lifestyle. The coaches are excited you have chosen CrossFit Kids to be a part of that path, as CrossFit has changed all of our lives 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. We are passionate and committed to this endeavor; your child's safety and the opportunity to enhance their personal lives are our primary focus.

We wanted to take this opportunity, now that the Kids class is getting underway, to introduce CrossFit Huntsville's policies and procedures for the safety of your child and the efficacy of their CrossFit Kids class experience.

Misty Capps will be the Head Coach of the CrossFit Kids Program. Misty has her Bachelor's Degree in Physical Education and her Master's Degree in Physical Education/Teacher Education. She has been an athlete at CrossFit Huntsville for three years, and has her CrossFit Level 1 Trainer Certification as well as her CrossFit Kids Certification.

We will be running three major groups for classes: Team Red (typically ages 3-6), Team Yellow (typically ages 6-10), and Team Blue (typically ages 10-15). Please note that it is not necessarily the age of your child that is the deciding factor for what class he/she attends. It is largely based upon individual skill, athleticism, and maturity, and it is ultimately decided upon the Head Coach to ensure your child is getting the most out of the CrossFit experience. Team Red classes are 25 minutes long, Team Yellow classes are 45 minutes long, and Team Blue classes are 50 minutes in length.

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

1. We **STRONGLY** encourage parents to remain onsite while the Kids class is in session. However, if you absolutely have to drop them off and pick them up at the end of class, we **REQUIRE** you to walk your children inside the building for the start of class, and come inside the building to pick them up at the end of class.
2. Please bring your children in through the lobby where the Head Coach will meet them and take them into the gym for class. Children must remain in the lobby until asked into the gym. For safety reasons, we cannot have children running around and playing on equipment. The only time they may be on equipment is when a coach is working with them.
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 coach, children are only allowed to go home with the person who drops them off.
5. 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.
6. Children are welcome to bring bottled water or a water bottle with them to class; however, please remember 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. Please note that the gym is not heated nor cooled, so make sure they dress in layers appropriate for the weather.



8. Parents are not allowed to stay inside the gym while classes are in session. We understand that many parents want to be able to watch their kids, but we know from experience that classes run much more smoothly and children are better behaved and better listeners when spectators are not in the gym. We will schedule special classes when we will invite parents inside gym so that you can see your little athletes in action!
9. Children with disciplinary problem will be handled in the following manner: first warning = free of consequence; second warning = sit out the first two minutes of the game; third warning = child will be sent out to the parent.
10. Finally, please make certain the coach is 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.)

We look forward to getting to know all of you personally and training your children to the utmost of our ability. If you have any questions, comments, problems, or concerns, please don't hesitate to contact us.

Misty Capps: Head CrossFit Kids Coach: maccoach22@gmail.com

Mandee Stearns: CrossFit Huntsville Business Manager: crossfithuntsville@gmail.com

Thank you!

CrossFit Huntsville



CF Kids Enrollment Sheet

Child's Name: _____

Child's Date of Birth: ____ / ____ / ____

Parent's Name: _____

Start Date: _____

Membership Options: (circle one)

CF Kids Team RED (\$39/month; 2 times/week; Tues/Thurs 345pm-410pm)

CF Kids Team YELLOW (\$49/month; 2 times/week; Tues/Thurs 415pm-5pm)

CF Kids Team BLUE(\$49/month; 2 times/week; Tues/Thurs 5:10pm-6pm)

Payment Information: MC VISA AMEX

Name on Card: _____

Billing Address: _____

Card Number: _____

Expiration Date: ____ / ____



Automatic Payment Agreement

I, _____, understand that by signing this agreement I authorize CrossFit Huntsville to automatically charge my child's CFHSV Kids membership fee(s) on the first day of every month until I notify management in writing to terminate their membership.

___ I understand that this written notification must be received at least five days prior to the first of the month to ensure that my account is not charged.

___ I understand that CFHSV is not obligated to refund any charges incurred on my account in the event that my child is not able to attend classes.

___ I understand that my account may be frozen in one month increments without penalty. Freezing accounts for periods of less than one month is not permitted without management approval.

___ I understand that I am responsible for updating my billing information with CFHSV management. In the event that my credit card is declined repeatedly for any reason, I understand that a \$10 fee may be charged to my account to cover fees incurred by CFHSV from our processing company.

By signing below, I acknowledge that I have read and fully understand the terms and conditions of this Automatic Payment Agreement.

Signature: _____ Date: _____

Printed Name: _____