

Elite Performance Kids, Ottawa
Crossfit Kids Summer Camp 2020
PARENT LETTER
15 July, 2020

Dear CrossFit Kids' Parent,

Thank you for allowing your child to be a part of the CrossFit Kids Summer Camp! The commitment to our children's health & future is an amazing path; as a coach I am excited you have chosen this camp to be a part of that path as CrossFit has changed my life immeasurably for the better. With your child enrolled in this camp, you are giving them the opportunity to potentially enhance their lives physically and mentally. I want you to know that your child's safety and opportunity to potentiate their personal lives are my primary focus. I wanted to take this opportunity to introduce myself formally and to set some policies and procedures for the safety of your child and the efficacy of their CrossFit camp experience.

My name is Sarah Navarro-Nanouski. I am a certified CrossFit L-1 Coach, a certified CrossFit Kids Trainer, ACE Certified Trainer in Sports Performance, Safe Sport certified & hold current FirstAid, CPR, & AED certifications. I have coached kids both recreationally and through club programs for the past 15 years. I am fully and privately insured to coach kids ages 3 to 103. I will be running five major groups for classes: Preschool (ages 3–5), Kids (ages 5-7, 7-9), Pre-Teen 9-12 & Teens (ages 12–18). 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 experience. Preschool class lasts 20 minutes, Kids class lasts anywhere from 40-60 minutes, and the Teens class is broken into a one-hour weightlifting session (by invitation only based on their movement mechanics and desire) and 50-minute classes that look much like an adult class.

As previously stated, your child's safety is paramount, and it is with this focus I need your help. Below are some rules that I must enforce as to best protect your child; please:

1. Allow your children to walk inside the building for the start of the class once the garage doors are up no more than 5-10 minutes before the start of class, and wait outside the building to pick them up on time.
2. Make sure your child has plenty of water everyday for class.
3. Immediately notify me if your child is to be picked up by someone who is not listed on your pickup sheet.
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 the first day of class, and due the first day of each session.
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 children are wearing clothes appropriate for running, jumping, rolling, pulling, swinging, climbing, crawling, throwing, and being upside down.
9. If you choose to stay and watch the class (which I hope you do!), please do not coach your child & watch from outside the garage doors until we have full clearance (unless your child is in the 3-5 class-which we ask that you stay).
10. Finally, please make me 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 (815) 228-7853 or epcrossfitkids@gmail.com.

Thank you so much for trusting your kids with me in this awesome journey! I am so excited for them and hope this will be a positive and amazing experience for us all!

Sarah Navarro-Nanouski
EPCF, Ottawa
CFK Summer Camp 2020