**2018-2019**

# Parent Welcome Packet

“The Lionhearts Fitness Program combines different sports and athletic methodologies to provide an environment that fosters excellence, allowing

participants to develop the self-discipline, integrity, confidence, character, courage, dedication, teamwork, and strong work ethic needed for future success.”

 ****

4009 Cloud Springs Road Ringgold GA

\*\*Gateway Mall next to Costco off of 75\*\*

Christy Chapman, Michele “shell” Luccketta, Victoria Phillips

Please encourage your child(ren) to participate in all activities, and ALWAYS listen to coach!

# Money Talk & Registration

* *All class signups are available on Mindbody as well as payment schedules. All classes are $15.00 per student per class, with reduction incentives for family membership and pre-paid seasons.*
* *We have scholarship programs and work programs available for all students.*
* *Be prepared for: race/tournament/travel fees, volunteering to cover costs of race fees and other incidentals. We will do everything we can to make sure each child is included in all events.*

# Communication

We understand that parents deserve peace of mind once their children are left in the care of our instructors and coaches. Therefore, one of the most important aspects of our program is the

commitment to maintaining open communication between parents and staff. We want our

programs to be as accessible and transparent as possible. We welcome feedback. We can always improve our program and offer you and your child the best experience possible. Thank you for a wonderful opportunity to make a difference.

**Daily Drop Off & Pick Up**

The following procedures have been established to provide you and our triners with the information needed to protect the health, safety, and well-being of your child while in our care:

* All youth must be picked up from class NO LATER than 5 minutes after the end of class. o *$5 charge for every minute past pick up time arranged.*
* Children will be signed in and out each day by their parent, guardian, or authorized adult
* Unless prior written arrangements have been made only parents or parent representatives shown on the Authorization Form may pick up a child from the program.

## Dress Code

During class and any Lionhearts activity, children should come appropriately dressed for the weather and daily sport activities. This will ensure their participation in all activities without restriction.

* Girls are encouraged to wear shorts, capri’s, or pants instead of dresses or skirts
* Participants are asked to wear socks and respective sport shoe (cleats) & sneakers

o Wrestling will be barefoot if you do not have wrestling shoes

* Proper protective gear is required per respective sport
* Clothing may not display inappropriate language, violence, or lewdness

## Personal Belongings

There are no provisions to thoroughly safeguard personal belongings such as electronic equipment, video recorders, video games, toys, or other items of value. Bringing items of this nature to class is discouraged. The staff will work with the youth to ensure they learn to take responsibility for their personal items. All possessions (including lunch boxes, coolers, backpacks, balls, etc.) must be labeled in permanent marker with the child’s first and last name.

## Things to Keep at Home

* Any items considered dangerous (knives, gun, weapons, fireworks, lighters, etc.)
* Money, jewelry, or any expensive articles
* Tablets and other electronic devices
* CELL PHONES: while at Lionhearts Fitness, your child will not be allowed to carry his or her cell phone on their person. All cell phones will stay in backpacks. They may check them at break times.

## What to Bring to Class

* Backpack (with child’s name written on it)
* Refillable Water bottle (with child’s name written on it)
* Change of clothes (in case of an accident)
* Sporting equipment (not required)

## Discipline

Redirection, discussion, choices, and consequences are behavior modifications used when behavior requires disciplinary action. If these methods do not correct the behavior other actions such as suspension for various periods of time will be employed. Any act of physical violence towards anyone at all, will not be tolerated. Depending on the severity of the situation, immediate removal from the program may be warranted. Please see the detailed discipline policy in this handbook for further information and parent acknowledgment signature.

## Infectious Disease/Illness

 Children with an infectious disease or severe illness will not be allowed to remain at class or to return to class until a note of medical release is received. In all emergencies, staff members /instructors will take reasonable measures to ensure the safety and welfare of participants. When illness merits greater care than the instructors can effectively provide without compromising the safety and health of other student, the parent, legal guardian, or other person authorized by the parent will be notified immediately to pick up the affected youth.

## Forms Required Prior to the First Day of Class

* Online Registration
* Signed Liability Waiver
* Pick-Up Authorization Form
* Child Information Form & Acknowledgement of

Discipline Policy

## Travel waivers and permissions slips

Must be signed before we leave to games/races/community service events

Parents may drive their youth to such events, but all required forms must be signed before the event.