**2024**

# 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.”

**Lionhearts Fitness & Youth Center**

4075 Cloud Springs Rd., Ringgold, GA. 30736

OCR Luccketta

Michele “shell” Luccketta

Stacie Thurman

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

# Money Talk

Group Classes

|  |  |  |
| --- | --- | --- |
| **Payment Commitment** | **Classes per Week** | **Cost** |
| Drop-in Fee | 2 | $50 |
| Monthly | 1 | $400 |
|  |  |  |

**Please Keep in mind these charges when you donate. Remember our value.**

Race Pricing/Location will be based on the venue, each will vary.

* Race admission generally cost $20-$75.
* We will always race as a team.
* 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.

We spent the last two years getting sponsors for our races, We have succeeded.

# Communication

We believe our families deserve peace of mind, especially as 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 volunteer staff. We want our programs to be as accessible and transparent as possible. Thank you for a wonderful opportunity to make a difference.

We are 100% volunteers.

Drop Off & Pick Up

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

* Children will be signed in and out by their parent, guardian, or authorized adult
* All youth must be picked up from class NO LATER than 5 minutes after the end of class.
* Unless prior written arrangements have been made only parents or parent representatives shown on the Authorization Form (bottom portion of Liability Waiver) may pick up your child.
* No Parent is to aid/touch/ a child that is not theirs, unless the child is in immediate danger.
* NO COACHING our youth unless trained and certified to do so.

## 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 or if they wear a dress, wear shorts under their dress.
* Participants are asked to wear socks and respective sport shoe/sneakers
* Clothing may not display inappropriate language, violence, or lewdness

## Personal Belongings

There are no provisions to thoroughly safeguard personal belongings such as electronic equipment, and valuable personal items. All possessions (including lunch boxes, coolers, backpacks, balls, etc.) must be labeled 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 a locker.

## What to Bring to Class

* Refillable Water bottle (with child’s name written on it)

## 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.

## Infectious Disease/Illness

Children with any infectious condition will not be allowed to remain in class and is welcome to return with a note of medical release. 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 on the First Day of Class

* **Copy of Parent Handbook**
* **Signed Liability Waivers**
* **Pick-Up Authorization Form**

We also have volunteer forms available.

Anyone working with the youth are required to provide a background check, at their cost, unless employed by an agency that already requires it and the obligation has been fulfilled.