

**2025**

# 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.”

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

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* *Be prepared for: providing healthy lunches & snacks, personal sporting equipment 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 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(ren) 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 coaches 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 camp NO LATER than 5 minutes after the end of camp. 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 Pick-up Authorization List may pick up a child(ren).
* Drop off: 9-9:30a
* Pick up: 4:30pm

## Dress Code

During camp 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 their respective sport shoe.
* 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 or the cubbies provided.

## What to Bring to Camp

* Labeled Backpack
* Labeled Refillable Water bottle
* Labeled Change of clothes
* Labeled Cooler/Lunch Container with healthy lunch & two snacks

## 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

## 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 /coaches 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 students, the parent, legal guardian, or other person authorized by the parent will be notified immediately to pick up the affected youth.

**Nutrition**

* Parents are required to provide only HEALTHY food items.
* We will not allow campers to eat unhealthily, we will send the food item back home.
* Snack Time is tentatively at 10:00am and 3:00pm, this time will vary based on activities
* Lunch Time is tentatively at 12:00pm

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**Behavior Management**

A caring and positive approach will be taken regarding discipline. Camp staff will reinforce appropriate behavior through positive reinforcement, firm statements and redirection of activity. In order to provide a safe and enjoyable play environment for all participants, Lionhearts Fitness reserves the right to dismiss any child from camp.

Expulsion may be for one day, a session, or the entire season/program depending upon the severity of the situation. We will follow the code of ethics as described in the Lionhearts Fitness Parent Handbook.

**Basic Behavioral Norms:**

1. Respect for camp counselors, fellow campers and property

2. Follow established camp rules

3. Follow the directions of Camp Counselors and be cooperative

4. Treat all equipment and supplies with proper care and respect

5. Running and excessive shouting while indoors is not allowed

6. Behavior that is threatening to the child or others will not be permitted at camp

7. NO vulgar language/conduct/bullying will be permitted

8. NO hostile or dangerous conduct will be permitted

**Encouragement of Good Behavior**

1. Creating fair choices and consequences for negative behavior and recognizing positive behavior.

2. Camper involvement in establishing camp rules.

3. Camp Counselors model a positive attitude, are consistent with discipline and engage with all campers.

If Encouragement of Good Behavior is not effective, and the infraction is deemed more serious, Disciplinary Process will take place.

If the case is severe enough to Coaches, there is a possibility that only ONE offense will be tolerated, and parents immediately ask to pick up their child. For smaller infractions, we will contact the parents and ask them to intervene. Discipline belongs as home. If the behavior continues, we will discuss dismissal.

**Examples of Serious/Extreme Offenses Which May Result In Dismissal from the Program**

• Causing physical harm or threat to others or themselves • Physical or Verbal Assault •Stealing    •Weapons, Drugs, Tobacco • Destruction of Property • Sexual Misconduct • Refusal to Cooperate •Leaving Designated Area • Excessive Temper Tantrums

I understand that inappropriate behavior will be recorded and tracked throughout the week. I have read and understand these policies and have explained them/read them to my child prior to the start of camp.

Parent or Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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