

## **ATTENTION: Robert Frost Families!!!**

We are excited to announce the fifth year of...



2016-2017 school year kick-off will be **Thursday, August 31, 2017**

Last session this school year will be Thursday, April 26, 2018

End of the year/season culminating event TBA

### **Who are the Fit Frosties?**

- A before-school club that combines fitness, fun and friendship. Open to ALL 1st - 5th graders, parents and staff!
- Our time together will allow us to get in shape, make new friends and cross the finish line together!

### **When is it?**

- Wake up your body and brain every **Thursday morning we have school\*** from **August 31 - April 26**  
\*Obviously, for safety reasons, we cancel our sessions when 2-hour delays/closures are announced by the district.
- Please **arrive from 8:00-8:10 to check-in and warm-up** -- main activity will **begin promptly at 8:15 AM.**
- **Please do NOT drop your kids off any earlier than 8:00 AM -- adults will be focused on setup, not supervision!**
  - *We averaged 128 students participating each Thursday during the 2016-2017 school year (104-149 students each week), so we hope you understand why **early drop-off is a safety issue!!!***

### **When can I start and what do I need?**

- Start anytime throughout the school year! **Students and parents must sign the permission form/contract** (next page) and **return it to Mr. Indiciani** by the Tuesday of the week you plan start with us -- two day notice will allow for registration.
  - Students are expected to come dressed in **socks, tennis shoes and weather-appropriate outerwear** (layers).
  - It is recommended that everyone also bring a bottle of **water** and a post-workout **snack** or money to buy breakfast in the cafeteria (served daily at 8:45 AM for \$1.25).
  - A change of clothes and deodorant is also recommended if you don't want to be sweaty and stinky all day.

### **I'm a parent and I would like to help -- What can I do?!?!?!?**

- Be a **Fit Frosties Volunteer** on Thursday mornings -- the amount of success and growth we have had over the years is directly correlated to the level of volunteer support we get from our parents and teachers!!!
- Fill out a WCS Volunteer form the first time you join us, then sign-in as a visitor in the main office and come as often as you are willing/able.
  - Ask Mrs. Davis (Secretary) or Mrs. Komlos (Attendance Clerk) for a copy of the volunteer form.

*Thank you for your support!!*

**Questions?** Feel free to email Mr. Indiciani with any questions you may have:

IndiciaE@wcssoh.org

IndiciaE@westerville.k12.oh.us

\*\*Also, check your spam folder for Fit Frosties news/updates from these addresses.

*Please keep this page for future reference, but return the next page to Mr. Indiciani*

\*\*Our first session is Thursday, August 31 at 8:15 AM in the gym\*\*



Student's Name: \_\_\_\_\_

Student's Grade: \_\_\_\_\_ Homeroom Teacher: \_\_\_\_\_

Student's ALLERGIES and/or ASTHMA? (please list all, even if already on file at Robert Frost) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Student "Contract"**

**Please read carefully, with your parent/guardian, and sign below.**

***Failure to follow the Falcon 5 during Fit Frosties or school time may result in having membership revoked.***

I, (print student name) \_\_\_\_\_, understand that as a member of the Fit Frosties, I will always strive to lead by example at Robert Frost Elementary School and in the community:

1. Follow the **Falcon 5**: represent myself and my school in the best light possible -- at ***ALL*** times!
2. Commit to attending training sessions on time, physically and mentally prepared to workout, with a positive/respectful attitude and ready to cheer on my fellow Fit Frosties.
3. Arrive dressed for the weather -- I understand that ***unless*** the temperature drops ***below*** 20°F or if there is significant snow, ice, rain and/or lightning, we will be going outside for our activities.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

***Fit Frosties, remember...CHARACTER is what you say and do when no one else is watching!***

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**Parent/Guardian -- Permission/Commitment**

I, (print parent name) \_\_\_\_\_, understand and agree that as a parent/guardian of a Fit Frostie, I will ensure that my student will **arrive on time for training sessions (*drop-off 8:00-8:10 AM*)**. I will support my Fit Frostie(s) and do my best to help him/her succeed.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Phone 1: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email 1: \_\_\_\_\_

Phone 2: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email 2: \_\_\_\_\_