

Dear CrossFit Kids Parents,

I want to say first and foremost how excited I am to be working with you and your kids throughout this journey. The CrossFit kids program is broken down into three age groups: preschool (ages 3-5), kids (6-12), and teens (ages 13-18). Each of these groups are broken down to meet the developmental needs of children.

CrossFit Kids is centered around building a fun and exciting experience to build confidence and interest in physical activity. For this type of program to be successful kids will receive positive reinforcement. Parents are encouraged to be present during the class, but allow coaches to work with their children without interfering. Parents will also need to provide names of who can drop off and pick their child up, children will not be released to anyone not listed. Children need to be picked up within 10 minutes of the class ending.

All CrossFit Kids will adhere to the dress code of: T-shirts, shorts go past the child's fingertips, and close toed shoes.

Prior to each child starting CrossFit Kids, parents or legal guardian need to sign a waiver for the child to participate.

This program is focused on first building a knowledge base of the fundamental functional movements. The preschool class will be for 45 minutes, focusing on CrossFit centered games with a small amount of skill work. The kids class will be 60 minutes, and will build on fundamentals over a period of years to help each child perfect their form and understanding of each movement. Plus, building an understanding and muscle memory through CrossFit centric games. Once the child reaches teens, the class will focus on building strength in skill work and metcons (metabolic conditioning).

If you have any questions please email crossfitkids@crossfittucker.com. This will be a fun adventure for each child, transforming them into adulthood.

Sincerely,

Hawley Jervis

CrossFit Kids Certified

CrossFit Level I Certified