Vassar Fitness Club

Fitness Club is a free opportunity for 4th and 5th grade students to improve on their sport skills and sportsmanship skills. We will focus on many traditional sports including soccer, basketball, volleyball, tumbling, lacrosse, football, hockey, handball etc. Students are expected to follow school rules and Fitness Club expectations. Students should plan on starting at 7:45am and attending every Wednesday. Transportation is not available. Parents are responsible for getting their child to Vassar at 7:45. Students will be released in time for breakfast.

When: Wednesdays (7:45 – 8:20am)

Our first day will start Wednesday, Sept 18th 2019

Let’s get together and start off our morning with some fun exercise!!!!

Feel free to contact me for any questions.
nschapla@aurorak12.org

Mr. Chapla.
Vassar Elementary PE Teacher
Vassar Fitness Contract

Purpose:
The purpose of Vassar's Fitness Club is for 4th and 5th students to be engaged in more sport based competitive games, display good sportsmanship as well as to maintain a healthy lifestyle.

How we are going to meet our goal:

1. Make sure you show up on time.
2. Give 100% and participate.
3. Bring a positive attitude. Make sure that you are having fun.
4. Be a leader. Set a good example for the students around you.
5. Dress Appropriately. We are going to be outside for most of our sessions. The weather is hard to predict, so make sure you are wearing the proper clothing. If it is raining or snowing we will be inside.

I, ___________________________ hereby am stating my intentions to be a member of the Vassar intramural club. I will follow the rules and make every attempt to meet my personal goals. I understand that some of the activities may be hard for me, and I pledge to give 100%. I will have fun and remain safe during all activities. I also pledge to do my best to make the people around me have as much fun as I am.

__________________________
Student Signature

__________________________
Date

__________________________
Parent Signature

__________________________
Date