



Dear CrossFit Kids Parent,

Thank you for allowing your child to be a part of the CrossFit Kids program! CrossFit has changed all of our lives for the better, and we are excited to share that with our children as they grow and learn life skills. We have the amazing opportunity to work together shaping lives and the realities within them, to provide skills to reason, work as a team, accept winning with modesty and losing with grace. In CrossFit Kids class, your child's safety and the opportunity to enhance their personal lives are my primary focus. We wanted to take the opportunity to introduce ourselves formally and set aside some policies and procedures for the safety of your child and the efficacy of their CrossFit Kids experience.

Matt Smith, Coach CrossFit Kids

After high school and attending the University of Cincinnati Matt served four years in the United States Navy. He developed an interest in functional fitness and a passion for mobility. He coached CrossFit while onboard the USS George H.W. Bush and the USS Dwight D Eisenhower. His passion for coaching grew exponentially as he saw improvement in his friends and co-workers. He is once again, attending the University of Cincinnati in the pursuit of a degree in Health Sciences and eventually a Doctorates in Physical Therapy. He enjoys CrossFit, climbing, swimming and lots of Thai food.

Dani Miller, Head Coach CrossFit Kids,

Dani has been involved with CF for the past 18 months holding a Level 1 Certification, Outlaw BB seminar and is a USAW Level 1 Sport Performance Coach. She has 1 daughter who currently is a Division 1 collegiate athlete. She also holds her CFK certification. Besides CrossFit she enjoys anything outdoors! Her contact info is 513.383.5561

We will be starting three major groups for classes: Preschool (ages 3-5), Kids (ages 6-12), Teens (ages 13-18). Please note that it is not the age of your child that is the deciding factor for which class he or she attends. It is largely based on individual skill, athleticism, and maturity and it is ultimately decided on by the coach to ensure your child and the children participating in class with them are getting the most out of each class time. Preschool class lasts roughly 20 minutes, Kids class lasts about 30 minutes and Teens class lasts about 45 minutes. As previously stated, your child's safety is of great importance to the coaches, and it is with this focus that I need your help. Below are some rules that we must enforce as a CrossFit community to best protect your child.



1. Bring your child to the designated waiting area, where the coach will come meet them and take them onto the gym floor for the days class.
2. Immediately notify the head coach if you see anyone in the parking lot or the gym that doesn't belong there.
3. Unless prearranged with the coach, children are allowed to leave only with the person who brought them to the facility.
4. A waiver, signed by parent or legal guardian, is required for each child before he or she is allowed to participate in a class.
5. Ensure your child has a water bottle with them that has their name on it.
6. Ensure your children are wearing clothing and shoes appropriate for climbing, jumping, running, crawling, throwing, and being upside down.
7. While you are watching, please do not coach your child. Cheering, however, is always welcome!
8. Children with disciplinary problems: First warning free of consequence, second warning sit out the first two minutes of the game, third warning the child will sit with the parents.
9. Finally, please make the head coach aware of any special needs for your children that may facilitate their individual safety, learning and growth (i.e. medications, illness, physical/mental limitations, injury, etc.)

We look forward to getting to know your children personally and training them to the utmost of our ability. If you have any questions, comments, problems or concerns, please don't hesitate to get ahold of us at the following email address:
info@crossfitblueash.com

Sincerely,
Danielle Miller



CrossFit Blue Ash

CrossFit Kids Emergency Contact Information and Photo Release:

Child's Name: _____ Birthdate: _____

Parent(s) Name: _____

Cell phone : _____ Email: _____

Home phone: _____ Work phone : _____

The following people have my consent to pick my child up from the facility:

What else do we need to know to help your child have the best experience possible: _____

Signing here releases the coach to administer medication to my child (parent provided inhaler or medication) and provide basic first aid (bandaids):

Photo Release:

I hereby give permission for images of my child, captured during regular and special events, through video, camera and digital camera to be used solely for the purpose of CrossFit, CrossFit Kids, or Licenses CrossFit affiliate promotional material publications and website and waive any right of compensation or ownership thereto. Last names of minors will not be posted on the internet or website.

Name of Minor:

Parent Name (print): _____ Date: _____

Parent Name (signature): _____



CrossFit Kids FAQs

1. What is CrossFit Kids?

CrossFit Kids is a program that was introduced in 2004 to provide strength and conditioning to children while meeting their developmental needs physically, neurologically and cognitively as well. There are currently over 500 gyms offering programs, and countless PE as well as athletic programs utilizing the methodology as well. Learn more at CrossFitKids.com.

2. What ages can participate in the CrossFit Kids programs? Currently CrossFit Blue Ash offers three age categories, Preschool (or age 3-5), Kids (ages 6-12) Teens (13-18). *Please note that placement in the classes is determined as the coach evaluates your child's individual fitness level and coordination.

3. What should my child bring/wear? Each child should have a water bottle labeled with his or her name and should come dressed in clothing appropriate for jumping, running, climbing, and being upside down.

4. What does a CrossFit Kids class look like? Classes are held in a group setting where we use functional movements that are constantly varied to develop well rounded athletes. Classes are primarily game based, incorporating skill work and weighted movements that translate directly into what kids do every day in play: running, jumping, climbing, throwing, pushing and pulling. A typical class usually starts with a warm up, moves into skill work, a workout, and finished with a game. CrossFit Kids' primary goal is to equate fitness with fun, thereby placing fitness as a priority in life.

5. Will my child be lifting weights? Weighted movements are incorporated into CrossFit Kids workouts after the age of five at the discretion of the CrossFit coach. Dumbbells and kettlebells are used as opposed to barbells with children to prevent causing bar path issues and to work with changing coordination in constantly growing children. With kids' classes, emphasis is placed on perfecting form as opposed to adding weight or performing max lifts.

6. Is weight lifting safe? Under appropriate supervision with appropriate form and technique, yes! CrossFit Kids is designed with your child's utmost safety in mind. The American Academy of Pediatrics as well as several independent researchers have both affirmed that lifting weights and impact loading is beneficial to bone development and creates well rounded, strong young athletes and may actually prevent sport injuries.

7. Are you going to recommend that my child start eating specific diet? No. CrossFit Kids encourages whole nutrition, encouraging kids to make the best choices in all situations, including food. We recommend whole foods over processed foods, and believe in helping children distinguish between protein, carbohydrate, and fat as the building blocks they need to fuel their bodies.

8. Do I need to stay during CrossFit Kids classes? It is preferred that a parent/or guardian stay on the premises at all times. If a rare occasion arises that this is not possible or that one parent will be dropping off a child and the other will be picking him/her up, please inform the coach.

9. My child is shy. Am I allowed to participate? Absolutely! You are more than welcome to come and stand by your child as they get used to the class setting. As he or she gets more comfortable we hope that they will begin interacting and participating on their own, but we understand that adjustment time period may be different for everyone.



**CrossFit Kids
by CrossFit Blue Ash
Waiver**

CrossFit Blue Ash strongly recommends that you clear your child's participation, in any exercise program, with their pediatrician. CrossFit Blue Ash's services are not a substitute for professional medical advice. All known health and/or medical issues must be cleared by a physician for full participation.

I understand that exercises in these training sessions can be strenuous at times. There is an inherent risk in any exercise program that, while providing great health benefits, can also cause unintentional health issues. While CrossFit Blue Ash takes the utmost care to provide the safest program possible, I recognize and understand these training sessions are not without varying degrees of risk. Although extremely rare, these risks can result in critical injuries up to and including death. Negligent and/or accidental acts committed by either my child or another could also cause the same consequences.

I willingly assume full responsibility for any and all risks that I am exposing my child to as a result of their participation in CrossFit Kids by CrossFit Blue Ash and accept full responsibility for any injury or death that may result from my child's participation.

With my full understanding of the above information, I agree to assume any and all risks associated with my child's participation in this strength and conditioning program.

Release: In full consideration of the above mentioned risks and hazards, I hereby waive, release, remise and discharge Blue Ash Strength & Conditioning, CrossFit Blue Ash LLC, CrossFit Incorporated, CrossFit Kids and any agents, officers, principals, employees and volunteers of above mentioned entities, of any and all liability, claims, demands, action or rights of actions, or damages of any kind related to, arising from, or in any way connected with my child's participation in CrossFit Kids by CrossFit Blue Ash.

I have fully read and fully understand the foregoing assumption of risk and release of liability and I understand that by signing it obligates me to indemnify the parties named from any liability resulting in injury or death. I also take full responsibility for any property damage, injury or death caused by my child whether intentional or unintentional. I understand that by signing this form I am waiving valuable legal rights and I do so freely.

Parent/Guardian signature: _____

Date: _____

Please print name: _____



**BLUE ASH STRENGTH & CONDITIONING MEMBERSHIP AGREEMENT
CROSSFIT KIDS**

PLEASE PRINT CLEARLY

Parent(s) Name: _____ Phone: _____

Email: _____

Child's Name: _____ Date of Birth: _____

Email: _____ Phone: _____

Address: _____

BLUE ASH STRENGTH & CONDITIONING membership details:

- Paid in advance of service on the 1st or 15th day of each month.
- New memberships are prorated for the first month. Regular dues apply thereafter with payments made the first or fifteenth day of each month.
- Dues are paid by monthly automatic electronic payment (credit card or automatic checking account draft)
- Memberships are automatically renewed with the same terms at the end of the membership period.
- Written notice of cancellation 15 days prior to payment – member responsible for remainder of contract or \$250.00 – which ever is greater.

MEMBERSHIP OPTIONS FOR CURRENT CFBA PARENTS

- - - Automatic payment is required for all memberships - - -

Month-Month Training Age 3-5

- \$35/3 times week per month

Month-Month Training Age 6-12

- \$75/3 times week per month

Month-Month Training Age 13-18

- \$95/3 times week per month

6 Months Training Age 3-5

- \$25/3 times week per month

6 Months Training Age 6-12

- \$65/3 times week per month

6 Months Training Age 13-18

- \$85/3 times week per month

Siblings are at 50% off

PAYMENT AGREEMENT

First or Fifteenth (please indicate preference)

I agree to the following payment terms for membership at BLUE ASH STRENGTH & CONDITIONING :

- The first, and possibly prorated payment, of \$_____.
- The first automatic payment of \$_____ will be paid on the **first or fifteenth** day_____ and on the **first or fifteenth** day of each subsequent month until the membership is cancelled.
- I understand that membership dues are non-refundable, paid in advance of service and that my membership will be automatically renewed at the end of each term at the current rate unless fifteen (15) days written notice of cancellation is provided to BLUE ASH STRENGTH & CONDITIONING .

Signature _____ Date Signed _____

AUTOMATIC PAYMENT AUTHORIZATION or attach voided check

Card Number:/Type _____ Expiration: _____ Verification Code: _____

AUTHORIZATION FOR CREDIT, DEBIT AND AUTOMATIC DRAFT PAYMENTS

I wish to authorize the purchase of services/merchandise from Blue Ash Strength & Conditioning, LLC using this Credit Card Authorization Form. I agree that I will pay for this purchase and indemnify and hold Blue Ash Strength & Conditioning , LLC harmless against any liability pursuant to this authorization. I understand that my signature on this form will serve as authorized signature for each automatic payment.

Client Signature (print) _____ **Date Signed** _____