

First Session:

- Water Games
- Soccer
- Football skills
- Dodge ball
- Capture the Flag
- Track & Field
- Speed Training
- Team Building Activities
- Relays
- Obstacle Courses
- ...and more!!!

Second Session:

- Basketball Skills
- Kickball
- Wiffle-Ball/T-Ball
- Volleyball skills
- Crazy Races
- Coordination Activities
- Conditioning
- Water Games
- ...and more!!!

After School Sports Club



Tuesdays

3:15 p.m. - 4:00 p.m. (K - 2nd)
4:00 p.m. - 4:45 p.m. (3rd & 4th)

First Session: Aug. 29 - Dec. 16

Second Session: Jan. 17 - May 5



A sports club for K - 4th grade...



The Sports Club is a great way to become more physically fit, build physical agility, endurance and prepares students for future sports teams! Come join us for some fun co-ed physical activities that will get your heart pumping! Students will be coached on the basic skills by playing sports and games in a positive environment. No one sits on the bench, EVERYONE plays! Our focus is on building skills, enhancing technique, having fun, teamwork, creating healthy habits, and encouraging good sportsmanship.

Cost & Details...

- \$185.00 per semester & starts August 30.
- Bring a towel and wear clothes and shoes that can get wet during the first & last three weeks of classes!
- Meet coach at the flagpole on Tuesdays at 3:10.
- Wear tennis shoes and comfortable uniform clothing on sports club days. Students may change into T-shirts.
- Parents must pick up their children at the end of class near room #12 if they are NOT enrolled in the after school care program. Students not picked up will be taken to Coyote Club.





Sports Club Registration

Please attach **\$185.00** payment for the semester to enrollment form. Checks made payable to **Arizona Instruction** and return to front office in an enclosed envelope labeled Arizona Instruction by **August 23** for first semester & **January 11** for second semester.

Child's Name _____ Grade _____ Teacher _____

Parent's Name _____ School (VALLEY ACADEMY)

Cell Phone _____ Cell Phone _____

Email _____ Food Allergies _____

Is your child enrolled in the after school Coyote Club? _____

Please list and explain any physical or medical concerns coaches need to be aware of below:

All students should meet the instructor at the flagpole after school at 3:10. Third and four grade students will be supervised by our staff and are expected to work on homework, study or read a book until their class time. Class times are tentative and parents will be notified prior to any changes. We also understand that NO class will be held the week of Thanksgiving and we must pick our child up at the conclusion of the class near room #12 if they are not enrolled in the after school Coyote Club. Students not picked up will be taken to Coyote Club for extended after school care.

We recognize and acknowledge with any physical activity in spite of supervision and vigilance, accidental injuries can and do occur. We agree to hold Arizona Instruction, its owners, coaches, and subcontractors harmless from any claims of responsibility for any such happenings and agree to forebear from any demand, claims or lawsuit arising from any such occurrence. We understand photos and video may be taken of my child and may be used for yearbook, flyers, etc.

Parent's Signature _____ Date _____