

**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



*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.*

## Tuesdays

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

First Session: Sept. 4 - Dec. 14

Second Session: Jan. 14 - May 3

- \$190.00 per semester.
- 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 3:10p.m. Pick students up near the field.
- Wear tennis shoes and comfortable uniform clothing on Sports Club days. Students may change into a T-shirt & athletic shorts.



**REGISTER ONLINE:**

**[arizonainstruction-valley.jumbula.com](http://arizonainstruction-valley.jumbula.com)**



# Sports Club Registration



Register online at [arizonainstruction-valley.jumbula.com](http://arizonainstruction-valley.jumbula.com) if paying with a credit card. If paying with cash or check, please attach **\$190.00** 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 28 for first semester & January 10 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:

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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 Sports Club 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. Please note that no refunds can be given after the first two weeks of classes.

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 \_\_\_\_\_