Dear Parents,

RE: École Secondaire Foothills Composite High School (FCHS) CrossFit Program – CrossFit Positive Impact.

Thank you for your interest in the CrossFit Program at FCHS. This club is an extracurricular activity offered by Mr. VanDerVeen and Mr. Langager through the 2023/2024 school year. CrossFit is a training methodology incorporating functional movements, high intensity, and constant variation. Our overall goal is to improve student health through safe and effective exercise.

Our program offers CrossFit on Monday, Wednesday & Friday at 3:45 – 4:45 pm in the FCHS Weight Room. The program is treated as a club meaning attendance is not mandatory and student athletes may choose to come to all workouts or just one per week (although we highly recommend at least two workouts per week).

The FCHS CrossFit Club has set the yearly student fee at $125.00 for this activity (Sept. 11, 2023 – mid-June 2024). This price includes an FCHS CrossFit t-shirt and helps cover additional expenses such as caulk and equipment maintenance/replacement. Please note the price does not include any additional training equipment or fees that students may require (shoes, CrossFit Open competition registration fee {optional}, etc.).

Please find attached:

* Medical Information Document (please return)
* Informed Consent/Permission Form (please return)
* T-shirt Size Document (please return)

Please return the documents listed above along with your child’s $125.00 fee. Cheque or cash is accepted as payment. Online payments are accepted, but you must notify Mr. VanDerVeen of your intentions to pay online as names must be submitted to the main office and inputted to the Edsembli system. Cheque/cash simplifies the sign-up process**. If you do not want the t-shirt, please submit $100.00.**

All workout programming will be posted on SugarWOD (download the app then search CrossFit Positive Impact). You can find more information on our program at [www.crossfitpositiveimpact.weebly.com](http://www.crossfitpositiveimpact.weebly.com) and see us on Instagram at CrossFit Positive Impact.

If you have any questions or concerns, please contact Mark VanDerVeen via email at [vanderveenm@fsd38.ab.ca](mailto:vanderveenm@fsd38.ab.ca).

Thank you,

Mark VanDerVeen

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