



# The Dragon Fitness Club for Grades 3-5

The Dragon Fitness Club is an opportunity for students to improve their overall fitness and health. Students will explore different exercises, training methods, and principles to improve and maintain their physical fitness. Although sports are a great way to improve our fitness and stay physically active, this will not be a sports club.

Students that join the club will need to bring appropriate athletic clothing and shoes on meeting dates. In addition, water bottles are strongly encouraged to help students stay hydrated.

The club will meet every Monday beginning December 7<sup>th</sup>, from 2:30 p.m.-3:30 p.m. **If you are interested in your child participating, please fill out the bottom portion of this form to be returned by Thursday, December 3<sup>rd</sup>.** The club can only have thirty participants. Therefore, students will be randomly drawn if we have more interest than the available spots. Parents will be notified if their child is selected. If you have any further questions, please contact me at 981-1585 or [jhagood@rhmail.org](mailto:jhagood@rhmail.org)

Thank you,  
Mr. Hagood

## THE DRAGON FITNESS CLUB - PLEASE RETURN BY THURSDAY, DECEMBER 3<sup>RD</sup>

I give \_\_\_\_\_ permission to participate in *The Dragon Fitness Club* at *Oakdale Elementary*. I understand that the activity ends at 3:30 p.m. and that I am responsible for picking up my child at that time. If you would like to volunteer, please check below. You must be a district-approved volunteer.

Student's Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Parent's Name(s): \_\_\_\_\_

Parent Phone Number: \_\_\_\_\_ Parent Email: \_\_\_\_\_

Please Check:  I am able to volunteer to help with the club.  I am unable to help at this time.

By signing below, I give my child permission to participate in The Dragon Fitness Club.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

***Note: Limited spaces available. Students will be randomly selected interest exceeds slots.***