

## Fit club information

**Where/When:** Meet in big gym at 3:00. Pick up from front of school by café windows at 3:45pm. If students are not able to be picked up on time they will need to join at a later date when they have a punctual ride.

**What to bring:** Bring a change of clothes if needed, proper fitness shoes, a bottle of water, and headphones and music are allowed!

**Behavior:** Remember to follow all coach's directions. Any behavior that is not acceptable and/or safe will result in dismissal from club.

**Participation:** Students can choose which classes they wish to attend (see agenda on back). They DO NOT HAVE to attend every session, although they can if they want to. Participation in activities is required if they chose to come. If they do not like the sport that week, they are welcome to attend other clubs and come back when it is one they are interested in.

**Remind texts:** Please sign up for remind. This and twitter will be our main source of communication if we need to cancel and/or send updates as well as weekly reminders.

Remind: text 81010 in message in line @phiphysed

Twitter: @parkwoodhillpe

Can text in remind or email us

[doty.spivey@kellerisd.net](mailto:doty.spivey@kellerisd.net) or [w.brown@kellerisd.net](mailto:w.brown@kellerisd.net)

Thank you looking forward to some fun! Coach Brown and Coach Spivey