

Fit Club Agenda and Options

Oct. 3 Expectations and agenda and games

- **10** – no club coaches training
- **17 & 31** run train for 5k Casey's Run (work on form, speed, agility and endurance)

Nov. 7- last day to train for 5k

****Nov. 11** Casey's run 1mile fun run 8:00am, 5k 8:30am.

November (21 Thanksgiving break)

- **14, & 28** tactic games (handball, wall ball, dodgeball)

December

- **5 & 12** cheer or strength/conditioning

January

- **9** step class and yoga or strength/conditioning
- **16, 23 & 30** basketball

February

- **6, 13, 20, 27** volleyball

March

- **6-** kickball
- **13-** spring break
- **20 & 27-** track and field sprint relays

April

- **3-** soccer
- **10** drumfit
- **17 & 24** soccer

May 2 (last fit club day) athletic students answer questions for 6th graders. 5th grade free choice

****Make sure to sign up for remind for changes and /or cancelations****