

Leo's Obstacle Course and Running Club Fall Season

September 7, 2018-October 26,2018

All students in 1st - 5th grades are eligible to join the club. Once committed, students are encouraged to come and actively participate each week in the 7-week Spring Season. The Obstacle Course and Running Club will be chaired and managed by Lincoln parent Tanya Chwojko and will be led by (non - parent) Niko Karavolos (coach Niko), IGNITE Fitness Owner and Operator. Please note: depending on the condition of the field, participants may get a little dirty, knees may pick up a little dirt or get muddy!

The students in Obstacle Course and Running Club will participate and engage in a variety of fitness activities such as, but not limited to, running, games and obstacle courses during their lunchtime recess on **Fridays**.

1st and 2nd Graders 10:50 - 11:20

3rd and 4th Graders 11:25 - 11:55

5th Graders 11:55 - 12:25

Obstacle Course Pledge

I promise to try my best to stick with Lincoln's Obstacle Course and Running Club through the end of the Fall Season. I plan to commit to actively participating in the club on Friday's, unless I am sick or absent. I will do my best and have fun!!!

Lincoln Fitness Club Waiver

WAIVER AND RELEASE OF ALL CLAIMS: ELMHURST COMMUNITY UNIT SCHOOL DISTRICT 205. As the parent or legal guardian of the below named minor, I give authorization for said minor to participate in the event or activity known as Leo's Obstacle Course Club at Elmhurst Community Unit School District 205. I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or losses which I may sustain as a result of my activities. I do hereby fully release and discharge Elmhurst Community Unit School District 205, including its Board of Education, members, officers, agents, servants, independent contractors and employees (hereinafter referred collectively as the "School District") from any and all claims from injuries, damages or losses which the below named minor may have or which may accrue while participating in Leo's Obstacle Course Club. I further agree to release from liability, indemnify and hold harmless and defend the School District from any and all claims resulting from injuries, damages and losses sustained by the below named minor and arising out of, connected with, or in any way associated with his/her activities. In the event of a medical emergency, I give my permission to the representative of District 205 to act on the below named minor's behalf. If medical attention is necessary, I understand that I am responsible for all bills that are associated with the treatment and will not hold the employee of District 205 liable for seeking medical treatment. I have read and fully understand the nature of the above Waiver and Release of All Claims.

Participant Name: _____ **Participant Grade:** _____

Participant Signature: _____

Parent Name: _____

Parent Signature: _____ **Date:** _____

Phone: _____

Parent Email: _____

The owner of Ignite Fitness (Coach Niko) would like to include pictures of students enjoying Leo's Obstacle Course and Running Club.

I give consent to photos of my child being used on the Ignite Fitness Website.

Yes or No (please circle)

Available to volunteer?

Yes or No (please circle)

Questions or comments please contact Tanya Chwojko at tanyachwojko@gmail.com