



Dear Parent/Guardian,

The School Health Initiative Program (SHIP), which is grant funded by the Williamsburg Health Foundation, is sponsoring after-school Challenge Clubs at **Hornsby**. Clubs are designed to be fun and to challenge students to try new activities. The clubs are free, and a healthy snack and bus transportation home are provided. **If you would like your child to participate in one of these clubs, please complete the attached Application & Liability Form and return to your child's PE teacher by Friday September 28th.** Please return all forms by the deadline and you will receive a letter from your school indicating whether or not your child was chosen. (Study hall/ will be available for students participating in SHIP clubs until activity buses arrive)

Tuesday Morning Open Gym - School Sponsor – Edgar Randall

Description: Mr. Randall loves coaching so much, he is willing to open the gym at 6:45 AM for Tuesday morning gym games and basketball. This co-educational club known as the “Tuesday Morning Fun Bunch” will focus on fundamental skill development and fitness. Students will have enough time to change clothes and eat a light snack (provided) prior to homeroom. Transportation to the gym is required to participate. Is there a better way to start a school day?

Dates: Tuesdays – 8 sessions: 10/9, 10/16, 10/23, 10/30, (No Club 11/6), 11/13, 11/20, 11/27, 12/4

Times: 6:45am – 7:45 am Slots: 25, Instructor: Edgar Randall

Co-Ed Walk/Run - School Sponsor – See Co-Instructors

Description: Students will have fun running and will learn basic tips and skills for developing a running routine. They will also improve their self- image and learn how to achieve personal wellness goals for healthy eating and physical activity. Students will participate in the Sleighbell 5K December 8th.

Dates: Wed 6 Sessions- 10/10, 10/17, 10/24, (10/31 Halloween – No Clubs), 11/7, (11/14 Early Release & 11/21 Holiday – No Clubs), 11/28, 12/5

**Times: 3:15 – 4:15 PM, Slots: 25+, Instructor: Co - Instructors Leslie Palmer, Jack Winthrop, and Hannah Uvodich
Study Hall provided until 5:00 pm for activity bus pick –up**

Kickball – (see co –instructors)

Description: A children's game having rules similar to baseball but played with a large ball that is rolled toward home plate instead of pitched and kicked instead of batted. This game is fun for all, builds confidence and teaches the importance of being a team player. **This clubs is for both boys and girls to enjoy!**

Dates: Tuesdays – 8 sessions: 10/9, 10/16, 10/23, 10/30, (No Club 11/6), 11/13, 11/20, 11/27, 12/4

**Times: 3:30 – 4:30 PM, Slots: 25, Instructor: Co - Instructors Evan Pfeiffer and Sharon Hinojosa
Study Hall provided until 5:00 pm for activity bus pick –up**

Tae Kwon Do School Sponsor (Karen Downing)

Description: This club builds muscle, flexibility, endurance and gets students to enjoy physical fitness in a fun way. The club will help children reach their potential through not only muscle training, but mental training as well. Children will learn to enjoy concentrating on goals and success, while increasing ability to focus on tasks at hand as well as the ability to work undistracted.

Dates: Thursdays – 7 sessions: 10/11, (No Club 10/18 MS Conferences), 10/25, 11/1, 11/8, 11/15, (11/22 Holiday-No Club), 11/29, 12/6

**Times: 3:30 – 4:30 PM, Slots: 25, Instructor: World Champion Tae Kwon Do
Study Hall provided until 5:00 pm for activity bus pick –up**

**For questions about the clubs, please contact SHIP's School Wellness Leader,
Leslie Palmer at 565-9400**

Williamsburg-James City County Public Schools

Participation Release of Liability and Assumption of Risk Agreement

Read Entire Page Before Signing

Name of Activity/Program _____

Location/School: _____

School Year: 20____ -20____

Participant Name _____

Email _____

Print Name

Print E-Mail Address

In consideration of being allowed to participate in any way in the program, related events, and activities, I, the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program may be significant, including the potential for permanent paralysis and/or death.
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS and assume full responsibility for my participation.
3. I willingly agree to comply with all terms and conditions for participation. If I observe any hazard during my presence or participation, I will remove myself from participation and bring such information to the attention of the nearest Instructor immediately.
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS Williamsburg James City Public Schools, its officers, officials, agents and/or employees, other participants, sponsors and its officers, agents, servants and employees, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), from any and all claims, demands, losses, and liability arising out of, or related to, any INJURY, DISABILITY, OR DEATH I may suffer, or loss or damage to person or property, to the fullest extent permitted by law.
5. In the case of a life-threatening or serious accident or illness, I (parent or guardian) ask that the school contact me. In such case, I give permission for a rescue squad to transport my child to the closest medical facility. Should this occur, I give my permission for the medical facility to treat my child at my expense.
6. I give permission for my child to be videotaped or photographed while participating in a SHIP club or activity, and I give permission for SHIP to use the videotape and/or photographs in brochures, newspaper articles, on the school division's and SHIP's website, Facebook, Twitter, on Public television channels 47 and 48, and in other local media outlets.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, I FULLY UNDERSTAND ITS TERMS, AND I UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____
Participant's Signature Date

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For PARENTS/GUARDIANS of PARTICIPANT of MINOR AGE (under Age 18 at time of Registration)

This is to certify that I, _____, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release of all Releasees, as provided above of, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liability incident to my minor child's involvement or participation in these programs as provided above, to the fullest extent permitted by law.

X _____
Parent/Guardian Signature Date Emergency Phone Number(s)

**SHIP After -School Challenge Clubs Fall 2018
Hornsby Middle School APPLICATION FORM**

Yes! I would like my child to participate in (if checking more than one, rank order your choices by 1, 2, 3,)

___ CO-ED Walk/Run Club	___ Morning Gym	___ Kickball	___ Tae Kwon Do
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STUDENT INFORMATION (Please make sure contact info is up to date and accurate)

Student Name: _____

Age: ___ Grade Level: ___ Gender: ___ Homeroom Teacher's Name: _____

Ethnicity:
___ Hispanic or Latino ___ White, not Hispanic ___ Black/African American, Not Hispanic ___ Other

(Please Print Clearly)

Parent/Guardian Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

1. TRANSPORTATION:

Please pick one

- I will pick up my child after the Challenge Club is over at 4:30 PM
- I will have my child ride the activity bus home at 5pm

1. MEDICAL INFORMATION:

For your child's protection, the health records kept by the school nurse may need to be shared with other school staff helping with this after-school activity. Challenge Clubs rely on the health records kept by the school nurse. For children who need Epi-pens®, inhalers, diabetes management supplies, etc. who have potentially life threatening conditions, please make sure the school nurse has updated records and all medications/supplies for your child.

Even though the school nurse will be alerted of any serious health conditions, along with the Challenge Club sponsor, it is your responsibility as a parent/guardian to make sure your child has any medical supplies, such as epi pens®, diabetes maintenance supplies and inhalers; he/she may need after school during Challenge Clubs.

The School Nurse is not available after school hours and therefore is not available during Challenge Clubs.