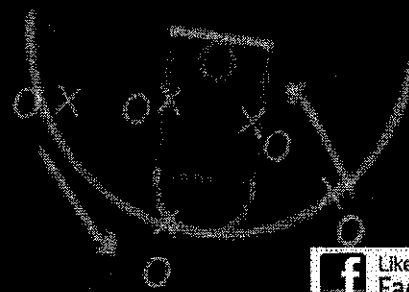


F.A.S.T.

athletics

fitness • ability • skills • teamwork



Lake Garda Elementary School PTA Presents

F.A.S.T. Athletics Fall Programs

SuperSports: Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Mat Ball, Pillo Polo, Dodge ball, and Kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day.

Flag Football: F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, fourth and inches, and The QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have tons of plays ready to go for their teams!

Program: Flag Football
Grades: 3-4
Time: 3:35-4:35pm
Date: 9/24-11/5 (off 10/8), 6 classes
every Monday after school
Location: Lake Garda Field
Price: \$78.00

Program: SuperSports
Grades: K-2
Time: 3:35-4:35pm
Date: 9/27-11/1, 6 classes every Thursday
after school
Location: Lake Garda Gym
Price: \$78.00

Please return all registrations to your child's homeroom teacher
Please make Payment to Lake Garda PTA

Any questions please contact Kelly
Chapman; 860-716-0829
kellymchapman76@gmail.com

Child's Name _____ Age _____
Grade _____ Teacher _____

Address _____

City _____ State _____ Zip _____ Allergies/Special Needs _____

Email _____ Home Phone _____ Emergency Phone _____

CONSENT AND RELEASE

I the undersigned parent/guardian of _____, a minor, do hereby consent to my child's participation in any and all F.A.S.T. Athletics Programs. I also agree to forever release Lake Garda Elementary School and F.A.S.T. Athletics from any and all claims, rights of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child's participation in F.A.S.T. Athletics programs. I further affirm that I have read this CONSENT AND RELEASE FORM and that I understand the contents of this form. I understand that my child's participation in these programs is voluntary and that my child and I are free to choose not to participate in F.A.S.T. Athletics programs with full knowledge that the release will not be liable to anyone for personal injuries and property damage my child or I may suffer in F.A.S.T. Athletics Programs

Please Sign