

# COLONIAL HILLS GYMNASTICS EARLYBIRD PROGRAM

Spring will soon be here and it's time to register for "Earlybirds". We will start the program Monday, March 23<sup>rd</sup>. Earlybirds will continue through May 8<sup>th</sup>. Each child will be assigned one morning session per week. Gymnasts should arrive at 6:55 a.m. on their scheduled day. The schedule is located in the middle of this form! Please retain the schedule for future reference.

Colonial Hills offers all children the opportunity to increase their skills and knowledge of the sport of gymnastics through the regular part of the Physical Education Program. The Earlybird Gymnastics Program is an enriched and intensely focused program of instruction that is carefully aligned with the USAG developmental and competitive program. By signing up, you and your child will have made a commitment to the following: 1) Your child will attend and participate at all practices. Three unexcused absences results in being dropped from the program. Too tired to get out of bed is unacceptable. 2) Your child will arrive on time. The first 15 minutes of practice is crucial for body readiness and reduction of injuries. 3) Your child will appropriately dress for the sport. I do not require practice leotards for girls. Boys typically dress in sweats and T-shirts. (Street clothes are not permitted because they increase the chance of injury and have damaged equipment.) All USAG Level 2 or higher must have a set of practice gear at school at all times. Your child will demonstrate an extraordinary level of perseverance. Lots of mistakes = lots of learning! No one can give a child self esteem. Self-esteem is an earned event. It is the result of experiencing a journey that starts with "I can't" and ends with "I CAN". Your child will be coachable and well behaved. They will be good listeners, follow instruction, procedures, and safety rules.

In order for your child to participate, please READ and SIGN the form below and return to me as soon as possible.

*John Blaine*

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Monday	Tuesday	Wednesday	Thursday	Friday
4th, 5th & 6th girls	2nd & 3rd girls	K-1 girls	3rd-6th boys	K-2 boys

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Name \_\_\_\_\_ Grade \_\_\_\_\_ Teacher \_\_\_\_\_  
 Years in Earlybirds \_\_\_\_\_ (If USAG) Level \_\_\_\_\_ & Club name: \_\_\_\_\_

### WARNING!

**BY THE VERY NATURE OF THE ACTIVITY, GYMNASTICS CARRIES A RISK OF PHYSICAL INJURY. NO MATTER HOW CAREFUL THE GYMNAST AND COACH ARE, NO MATTER HOW MANY SPOTTERS ARE USED, NO MATTER WHAT HEIGHT IS USED OR WHAT LANDING SURFACE EXISTS, THE RISK CANNOT BE ELIMINATED. RISK CAN BE REDUCED, BUT NEVER ELIMINATED. THE RISK OF INJURY INCLUDES MINOR INJURIES SUCH AS BRUISES AND MORE SERIOUS INJURIES SUCH AS BROKEN BONES, DISLOCATIONS AND MUSCLE PULLS. THE RISK ALSO INCLUDES CATASTROPHIC INJURIES SUCH AS PERMANENT PARALYSIS OR EVEN DEATH FROM LANDINGS OR FALLS ON THE BACK, NECK OR HEAD.**

I give permission for my child to participate in the Colonial Hills Earlybird Gymnastics Program. I release John Blaine, the Worthington Board of Education and school employees from any and all liability for any injuries sustained by my child while participating in the program.  
 Participation Fee: FREE!

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT SIGNATURE