



## One Asterisk CrossFit Youth Programs

Thank you for entrusting us with the health and well-being of your child. At One Asterisk CrossFit, we are committed not only to providing the highest quality fitness training for all ages, but to doing so in a safe environment that encourages appropriate physical, cognitive, and emotional development. Training Staff for our Youth Programs are all, at a minimum, CrossFit Level 1 and CrossFit Kids Certificate holders and undergo background checks annually. Many have additional credentials including CrossFit Level 2, specialty course certifications, teaching degrees, and above all, a passion for improving the lives of kids through fitness. You can find out more about our training staff at [oneasteriskcrossfit.com/coaches](http://oneasteriskcrossfit.com/coaches). You are always welcome to speak with your child's trainer at the beginning or end of class regarding any questions or concerns you have. We can also be reached via email or phone. All contact information, as well as scheduling and announcements are listed on our website:

<http://www.oneasteriskcrossfit.com>.

At One Asterisk CrossFit, we utilize a payment system called ZenPlanner to maintain membership and program information as well as process payments for all of our clients. You will need to create an account through the link that was sent to your email address after registering your child/teen to participate in classes. Our system allows you to access your account at any time via the website, [oneasteriskcrossfit.sites.zenplanner.com](http://oneasteriskcrossfit.sites.zenplanner.com), to update contact or payment information. If you have any trouble navigating the ZenPlanner site, please do not hesitate to ask for assistance.

### General Policies

We ask that you endeavor to bring your child to class on time and arrive no later than 10 minutes after the end of class to pick them up. If your child is in the Kettlebell Kids class, we ask that you physically come inside the gym and make sure a trainer is aware that you are leaving with your child. This is a safety precaution we have in place to be aware of who kids are leaving the gym with and when. It is our way of being sure we have done everything in our power to keep your child safe while he or she is in our care. If you need to arrange for an alternate to pick your child up, please notify a trainer or send us an email if necessary. Teens who transport themselves to class are exempt from this policy.

We welcome parents to stay and watch your child's class as much as you like. We have viewing area in the front of the gym. Encouraging your child during their workout is appreciated. However, if you have any concerns about your child's performance, behavior, or the content of the class, we politely ask you to address them before or after class. Our trainers are more than happy to answer questions about our programming and philosophy of training, but we want to make sure kids are able to keep their focus on coaching and safety during their workout.

We ask that all participants in our Youth Programs come appropriately dressed for exercise. This includes soft-soled shoes that can be secured via laces or straps and shorts or pants that allow for free movement. Shorts should be long enough to be even with the palms with arms hanging at sides. Skirts and dresses are not optimal but will be allowed if shorts are worn underneath. Shirts with sleeves should be worn at all times by both male and female participants in all Kids Programs.

Our #1 goal is to help your child improve their overall fitness in a way that is both safe, motivating, and fun. Our trainers have extensive knowledge in appropriate movements and progressions for kids in various stages of development, as well as an appreciation for how much variance there can be from one child to another. While we will endeavor to encourage your child to challenge themselves in our classes, we will not permit kids of any age to perform a skill, volume of work, or use a weight that we deem to be unsafe for their abilities on that day. Giving them too much challenge too quickly can be discouraging at best and dangerous in excess. We want to help your child learn to love exercise (as we do!) and that starts with making sure that they have fun while they are with us.

Please do not hesitate to contact us with questions you have about the above information or any other concerns you might have along the way. We look forward to the opportunity to get to know you and your child.

Sincerely ,

The Coaching Team of One Asterisk CrossFit

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