

We Make Sure that Health F.I.T.S. Here At Seth Paine!

In an effort to increase student participation in the after school sports program, increase health and fitness awareness, and help kids build a love for being active, the format of Intramurals is a bit different here at Seth Paine. Intramurals here is known as Seth Paine F.I.T.S.–Fitness Inspired Team Sports.

Rather than meeting several times a week for just a few weeks each trimester (as was previous practice with Intramurals), F.I.T.S. will meet on a regular basis– once a week according to the schedule below (day of the week is in parenthesis in front of the date).

Each time F.I.T.S. meets we will be doing a different activity. Students can still expect to engage in the standard floor hockey, volleyball, and basketball sports once they have been exposed to the game concepts in P.E. However, we will be adding sports such as kickball, soccer, dodgeball, etc. Students will also be participating in other team sports, obstacle courses, P.E. games, and more. Prospective participants should know that two times during the session, we will do a cardio kickboxing/aerobics routine followed by a game and a stretch. We may also experiment with new fitness games, ideas, and equipment not frequently used during the P.E. time (i.e. use of pedometers).

F.I.T.S. Daily Schedule:

2:55–3:00 Assemble in the gym at last call for buses

3:00–3:10 Attendance/Game Expectations/ Rules and Explanations/Teams

3:10–3:15 Group Warm-up

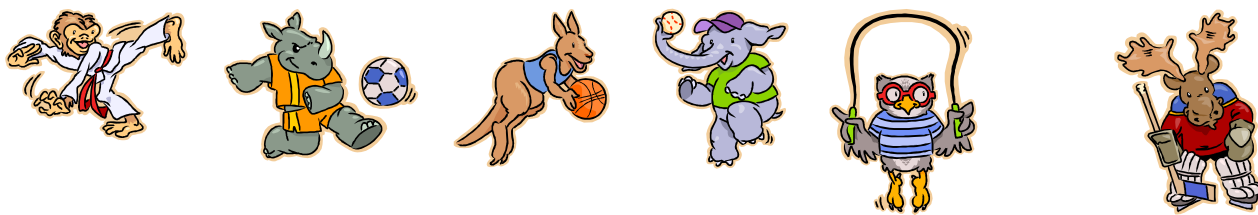
3:15–4:05 Activities/Games

4:05–4:15 Group Cool down, stretch, clean-up and child pick-up.

The following are the dates for first Trimester (followed by Day of the Week Abbreviation & Supervising Teacher):

Monday, September 21 (Mr. H)
Monday, September 28 (Ms. W)
Monday, October 5 (Mr. H)
Wednesday, October 7 (Ms. W)
Monday, Oct. 19 (Mr. H)

Monday, Oct. 26 (Ms. W)
Monday, Nov. 2 (Mr. H)
Monday, Nov. 16 (Ms. W)
Wednesday, Nov. 18 (Ms. W)
Monday, Nov. 23 (Mr. H)



F.I.T.S. Guidelines And Rules

It is our goal for students to have an enjoyable time in F.I.T.S.! In order to make this a successful and fun “season”, we all need to follow the following rules:

*F.I.T.S. begins at 3:00 and ends at 4:15. PLEASE make sure that your child has arrangements to be picked up **promptly** at 4:15, as, Ms. Wagner and Mr. Herlocker have other obligations after that time. When a student is not picked up on time they will receive a warning. The second time they will be automatically dropped from the season.

*The F.I.T.S. program has a limited capacity of 30 students only. Students need to be able to attend all meeting dates. Please check your calendar and prior to registering.

*All parents/ guardians will need to come into the gym to pick up their child. We need to see that your child is leaving with you!

*If a student is going to be picked up by someone other than a parent or legal guardian, they **MUST** have a note **just for F.I.T.S., separate from ones that are sent to the office in the morning.** We cannot release your child unless they have a note signed by you! Students should bring the notes **WITH THEM** to F.I.T.S. after school, (do not send to the office in the morning!)

*F.I.T.S. is for participants only. Siblings or friends, etc. of the players may not be in the gym.

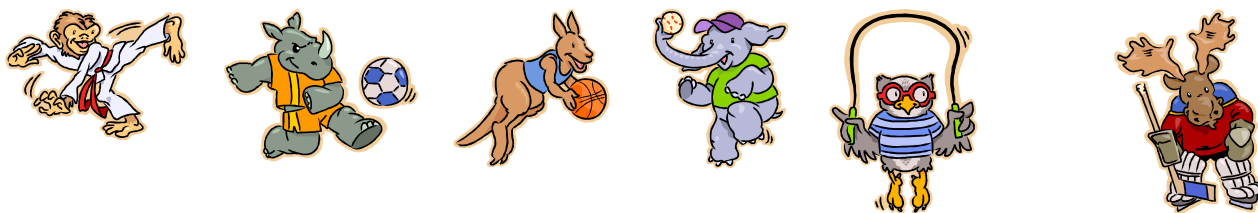
*Appropriate footwear is required at all times. Students who are not wearing gym shoes at the time F.I.T.S. begins will need to sit out.

*School rules, game rules, and good sportsmanship (which will all be discussed at our first game day) must be followed during the playing of all games. Children who are disruptive, disrespectful, or have disregard for the rules will need to sit out. If it becomes a continual problem, that student will be dismissed from the program.

At Seth Paine we want all students to have a great, safe time, and enjoy being healthy, active, and playing team sports! If you have any questions, please contact Ms. Wagner or Mr. Herlocker.

Ms. Wagner's Email: Kristan.Wagner@lz95.org

Mr. Herlocker's Email: David.Herlocker@lz95.org



Seth Paine F.I.T.S. Registration and Payment Information

We know that many Seth Paine students and parents will be very excited about the changes to the intramurals program. There is only one supervisor this year for the intramurals/F.I.T.S. program, and therefore, we can accept up to 30 participants. If you are interested, please make sure you get your "Seth Paine F.I.T.S. Information Sheet" and "Community Unit School District 95" Permission Slip signed, and returned to school quickly. Sign-up will be first-come, first-serve.

I would appreciate all sign-up information being placed in an envelope with "Seth Paine F.I.T.S. c/o K. Wagner, Room 308" written on the front. This year, the district is mandating a \$10.00 charge for all intramural sports. Please make sure that in the envelope you also put a **check made out to C.U.S.D. #95 for \$10.00.**

You will receive a confirmation letter to inform you that your child's sign-up information has been received AND that he/she is registered for the program. If your forms were received after the due date, they will not be accepted. If F.I.T.S. is at capacity and you had your form in on time, your child will be put on the waiting list. They will also be first in line for the next session, should they choose to participate at that time.

The DUE DATE for first trimester F.I.T.S. registration is Friday, September 18th.