



École Okotoks Junior High School
1 Pacific Avenue
Okotoks, Alberta T1S 2A9
Telephone: (403) 938-4426
Fax: (403) 938-4410
okotoksjr.fsd38.ab.ca

March 3, 2020

Dear Parents/Guardians,

RE: Ecole Okotoks Junior High School (EOJHS) Ocelot CrossFit

Thank you for your interest in the Ocelot CrossFit program. This is an extracurricular team offered by Mrs. Burgess through 2020 school year.

It is exciting to offer another year of CrossFit training that will present student athletes with opportunities to develop both health and life skills; such as: develop both health and life skills; exercise technique, team work, personal organization, goal setting, training, programming and nutrition. CrossFit is a strength and conditioning program using a variety of movements in a safe, fun and controlled manner. The attitude and commitment students bring to the next 4 months of training will have a huge bearing on the personal and physical benefits they experience.

The EOJHS Ocelot Crossfit program has set the student fee at \$45.00. The price includes a training t-shirt and 4 months of training.

Please find attached:

Medical Information Document (please return)

Health and Fitness Liability Waiver/Informed Consent Form (please return)

Please return the documents listed above along with your child's fee. Cheques are preferred and can be made out to Foothills School Division.

We will WOD (workout of the day) two days a week. Tuesday and Thursday after school from 3:10-4:10pm

If you have any questions or concerns please contact Stephanie Burgess via email at burgesss@fsd38.ab.ca

Ms. Tracey McKinnon
Principal

Ms. Andrea Laubman
Vice Principal

Mrs. Kerry Welsh
Vice Principal

