

Leo's OCR Club

Fall 2019 Season

All students in 1st – 5th grades are eligible to join the club. Once committed, students are encouraged to come and actively participate each week in the 8-week Fall Season. The Obstacle Course Race Club will be chaired and managed by Lincoln parents Tanya Chwojko and Sandy Azzinaro and will be led by (non - parent) Niko Karavolos (coach Niko), of Team Ignite NFP www.ti4k.org.

Please note: depending on the condition of the field, participants may get a little dirty, knees may pick up a little dirt or get muddy! The students in Leo's OCR Club will participate and engage in a variety of fitness activities such as, but not limited to, running, games and obstacle courses during their lunchtime recess

5th grade recess 10:25-10:55

2nd & 3rd grade recess 10:55-11:25

1st & 4th recess 11:25-11:55

Obstacle Course Pledge

I promise to try my best to stick with Lincoln's Obstacle Course and Running Club through the end of the Spring Season. I plan to commit to actively participating in the club on Mondays, unless I am sick or absent. I will do my best and have fun!!!

Lincoln Fitness Club Waiver

WAIVER AND RELEASE OF ALL CLAIMS: ELMHURST COMMUNITY UNIT SCHOOL DISTRICT 205.

As the parent or legal guardian of the below named minor, I give authorization for said minor to participate in the event or activity known as Leo's Obstacle Course Club at Elmhurst Community Unit School District 205. I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or losses which I may sustain as a result of my activities. I do hereby fully release and discharge Elmhurst Community Unit School District 205, including its Board of Education, members, officers, agents, servants, independent contractors and employees (hereinafter referred collectively as the "School District") from any and all claims from injuries, damages or losses which the below named minor may have or which may accrue while participating in Leo's Obstacle Course Club. I further agree to release from liability, indemnify and hold harmless and defend the School District from any and all claims resulting from injuries, damages and losses sustained by the below named minor and arising out of, connected with, or in any way associated with his/her activities. In the event of a medical emergency, I give my permission to the representative of District 205 to act on the below named minor's behalf. If medical attention is necessary, I understand that I am responsible for all bills that are associated with the treatment and will not hold the employee of District 205 liable for seeking medical treatment. I have read and fully understand the nature of the above Waiver and Release of All Claims.

Participant Name: _____

Participant Grade: _____ Participant Teacher : _____

Parent Name: _____

Parent Signature: _____ Date: _____

Address : _____

Phone: _____

Parent Email: _____

Coach Niko of Ignite Fitness and Team Ignite NFP would like to use pictures of students enjoying Leo's OCR Club. I give consent to photos of my child being used on the Ignite Fitness Website and Team Ignite NFP. Yes or No (please circle)

I give permission to share my contact info with Team Ignite NFP. This info will only be used to share info about Team Ignite NFP events. Yes or No (please circle)

Available to volunteer? Yes or No (please circle) Questions or comments please contact Tanya Chwojko at tanyachwojko@gmail.com