

Mirror Lake's Fast Track to Fitness

Dear Mirror Lake Parents,

First and foremost I would like to introduce myself. Along with Coach Hughes, I will be teaching your child in physical education. I am extremely excited about being here and getting to work with your wonderful children.

My main objective is to get your child excited about physical activity and to encourage them to pursue lifelong fitness. I want to motivate students to persevere and embrace physical activity. In order to achieve that, I am developing a program called, "Fast Track to Fitness." This program is completely optional, not mandatory. It costs no money, you'll make no special trips to school, and no parent meetings will be held. This program is designed to get kids active away from school at their home. Throughout the school year, the students will be given an opportunity to complete a total of 7 uniquely different activity sheets. The parents' only responsibility is to observe each completed task and initial the activity sheets.

How does this work? There will be approximately 2 activity sheets each 9 weeks. Your child will be given 4 weeks to complete the assignment. At the end of the four week period, they will turn their activity sheet in to me. I will remind them of the due date 1 week ahead of time. Completion of their first activity will establish their participation in the program. They will pick out a car to stick onto a painted track displayed on the gym wall. For each completed activity sheet thereafter, your child will receive a small plastic foot. The foot can either be put on their shoelaces or placed on a bracelet. The bracelet will also be provided after the completion of their second activity sheet. Along with this prize, your child will also be allowed to move their car forward a segment of the painted track on the wall. This allows the whole school to see their progress. If your child completes 6 out of 7 of the activity sheets, he/she will receive a special ribbon on Awards Day and be invited to a HUGE end of the year bash!!

Along with this letter, the first activity sheet will be given to students. Fast Track to Fitness will begin September 18. If you any questions at all, please let me know! I look forward to a "fit" year together!



Sincerely,

Coach Lindsay Grant