

Jump Club
LDISD After-School Program
Sept 9 – September 23
3:00-4:00 p.m.



Dear Parents,

If you have a child in third, fourth or fifth grade who would like to learn more about the sport of jump rope, he/she is encouraged to join the after-school Jump Club. The purpose of “Jump Club” is to introduce single and double rope skills, speed and power, improve stamina and cardio, as well as coordination.

Jump Club will be each **Monday from 3:00 – 4:00** in the Gym. This program will be **September 9**.

- For your child’s safety, durable athletic shoes are a **must** and appropriate clothing should be worn. (Shorts and t-shirts are the most comfortable.)
- If your child does not exhibit appropriate behavior at school or during practices, this could result in suspension or removal from “Jump Club.”
- Please contact campus PE teacher for parent pick-up details.

“Jump Club” limited to first 50 to sign up.

**For questions or further information, please call your
Physical Education Teacher.**

Pamela Lisenbe – Corinth Elementary 940- 497-4010
Jamie Roach – Lake Dallas Elementary 940-497-2222
Cassidi Fincher – Shady Shores 940-497-4035

"Jump Club" Registration

Return by September 6
There will be a box in the gym for the students to return the form.



Student's Name _____ Grade _____

Homeroom Teacher's Name _____

Parents or Legal Guardian Name _____

Address _____

City _____ Zip _____

Cell # _____ Work # _____ Home # _____

E-mail address _____

How will student be getting home? _____

Parent's Signature _____

- Your child may bring a snack to have during Jump Club

Emailing will be Coach's way of communicating with parents.

Please let us know during the year if your email changes or is not working.

Emergency Contact between 3:00 – 4:00 (If parent cannot be reached.)

Name _____ Relationship _____

Cell # _____ Work # _____ Home # _____

