



## Welcome Letter

Dear CrossFit Kids' Parent,

Thank you for allowing your child to be a part of the CrossFit Kids Class! The commitment to our children's future is a beautiful, arduous, amazingly nuanced path; the coaches are excited you have chosen CrossFit Kids to be a part of that path as CrossFit has changed all of our lives immeasurably for the better. With your child, we are not only able to potentially enhance their lives, but we also have the opportunity to shape their lives and their realities within them. It is with this endeavor I have dedicated my life; your child's safety and opportunity to potentiate their personal lives are my primary focus. We want to take this opportunity, now that the Kids Class is underway, to introduce ourselves formally and to set some policies and procedures for the safety of your child and the efficacy of their CrossFit class experience.

Sara Piazza is an assistant coach at CrossFit Virtus. She started CrossFitting in 2010 and became a Level 1 Certified Trainer (2011) and CrossFit Kids Certified Trainer (2013). She has been involved in athletics her whole life. In high school, she participated in track, volleyball, cheerleading and she played and coached softball. Sara has run several marathons and half-marathons before starting CrossFit. She holds a Bachelor of Arts degree from the University of North Dakota. She served in the Minnesota National Guard for seven years and the Louisiana National Guard for six years. She traveled various places throughout her service, including a deployment to Iraq in 2005. She has been married to Cecil Piazza since 2006 and they are the proud parents of Sophia, age 5, and Celia, age 3. She currently works full-time as a court reporter.

Cecil Piazza is the head coach and owner of CrossFit Virtus. His certifications include CrossFit Level 1 (2009), Olympic Weightlifting (USAW, 2012) and CrossFit Kids (2013). Cecil holds a Bachelor of Science in Kinesiology with a concentration in Fitness Studies from Louisiana State University, and a Bachelor of Science in Nuclear Medicine Technology from the University of Arkansas for Medical Sciences. Cecil began early in his training as a Physical Therapy Technician and has worked in a variety of rehabilitative settings from 1994 to 2001. Upon completing his Nuclear Medicine degree, Cecil worked as a Certified Nuclear Medicine Technologist conducting diagnostic imaging for patients presented with cardiac dysfunction. Cecil has also achieved the rank of Major and has served over 17 years in the Louisiana Army National Guard. He has completed two tours of duty in the Middle East and has served in a broad range of leadership roles. It was in 2009, during Air Assault training that he was first exposed to CrossFit. During his 2010 deployment to Iraq, Cecil began coaching and mentoring others in CrossFit. The intensity of the program and the practical application of the movements have also enabled Cecil to achieve a much higher level of fitness.

We will be running three major groups for classes: Kids (ages 5-8), Pre-Teens (ages 8-12), Teens & Teen Weightlifting (ages 13-17). Please note that it is not the age of your child that is the deciding factor for what class he or she attends. It is largely based upon individual skill, athleticism, and maturity and is ultimately decided upon by the head coach to ensure your child is getting the most out of the CrossFit experience. The Kids and Pre-Teens classes last 30 minutes, and the Teens class lasts an hour. The Teen Weightlifting class is by invitation only

based on their movement mechanics and desire. It runs an hour and looks much like an adult class.

As previously stated, your child's safety is paramount to the coaches, and it is with this focus we need your help. Below are some rules that we must enforce as a CrossFit Community to best protect your child; please:

1. Walk your children inside the building for the start of the class, and come inside the building to pick them up.
2. Bring your children to the designated "Kids Area", where the head coach will meet them and take them onto the gym floor for the day's class.
3. Immediately notify the head coach if you see anyone in the parking lot or in the gym who does not belong there.
4. Unless pre-arranged with the trainer, the children are only allowed to go home with the person who drops them off.
5. Until we get to know all of you and your children by name, please sign your child in and out with the trainer so we can ensure they are going home with the appropriate person.
6. Payment is month to month, and due the first of each month.
7. A waiver, signed by a parent or legal guardian, is required for each child before he or she is allowed to participate in a class.
8. Ensure your child has a bottle of water, or a bottle that can be filled up at the drinking fountain. Don't forget to put your child's name on it!
9. Ensure your children are wearing clothes appropriate for running, jumping, rolling, pulling, swinging, climbing, crawling, throwing, and being upside down.
10. If you choose to stay and watch the class (which we hope you do!), please do not coach your child.
11. Children with disciplinary problems: first warning-free of consequence, second warning-sit out the first two minutes of the game, third warning-go to the parent.
12. Finally, please make the trainer aware of any special needs for your children that may facilitate their individual safety, learning, and growth (i.e., medications, illness, physical/mental limitations, injury, sports, etc.).

We look forward to getting to know all of you personally and training your children to the utmost of my ability. If you have any questions, comments, problems, or concerns, please don't hesitate to get a hold of Sara at 225-772-6108 or Cecil at 225-772-5884.

Sincerely,

Your CrossFit Kids Virtus Staff