**HCES Athletic Club**

We are excited to announce the Spring Athletic Club Program!

**When:** Wednesday, April 3, 2019 ending Wednesday, May 22, 2019 – 3:45 PM-5:15 PM  
*Note: If you are tracked out, you may still attend the program.*

**Focus:** We will be working on physical activity focusing on technique, teamwork and fun. Through various drills, games and activities we will introduce a knowledge base of what it takes to excel in athletics and continue to build confidence in each child’s skills and abilities.

**Groups:**

Kindergarten - 2nd grade (Corey Davis Coaching). Practices on field near bus loop.

Grades 3rd-5th (Charisse Ingraham Coaching). Practices on back field.

**Attire:** We require all students to wear sneakers and athletic attire. We encourage students to wear an athletic club t-shirt from a previous year or a Harris Creek t-shirt. For the safety of our kids, please **no flip flops, no open shoes, no dresses and no jeans.**

Please pack an extra water bottle, or thermos with your child's name on it and a small healthy snack for athletic club in your child's backpack.

**How to sign up**: Send an email **by 3pm March 22nd** to:

[**AthleticClub@harriscreekpta.com**](mailto:AthleticClub@harriscreekpta.com)

Please include:

* Child’s Name
* Grade
* Teacher
* Track
* Include your best contact information
* Note if your child attends the City of Raleigh After Care program, or will be picked up at carpool
* Note any allergies or health issues
* Note if you would like to help Volunteer or if you have already signed up to volunteer

*\*\*\*\*Please note any student with allergies or any health issues we recommend a parent or guardian to attend and volunteer. We will not have access to the school for medication if any issues occur.*