



Champion Child Parent Information

So that we can provide you and your child with a quality and safe program that teaches age appropriate basic soccer skills, game play, proper fundamentals of exercise, and good sportsmanship we have set up an agenda that will help us build the skills that we teach. Please read below for valuable information about our program.

Continue to check your emails and the website (www.stretch-n-growfun.com) for updates and important information regarding our programs.

Location: Champion Child Soccer Programs will be held at Quakertown Christian School off of Paletown Rd. Behind the school on the field hockey field.

Program times: Mondays, 5:30-6:30
Toddlers: 5:30-6:00
Lil' Champs: 5:30-6:15
Big and Senior Champs: 5:30-6:30

Program Agenda:

Please try to arrive at your child's program scheduled start time so that he/she will not miss out on any program activities. Activities will begin and coaches will be available at the scheduled start time of each program.

- **Warm-Up:** Warm-ups will take place at the beginning of the program to ensure proper warm-up and exercises.
- **Activity-**

Toddler Champs is a skill based programs. Children enrolled in this program will participate in age appropriate skill based station activities. We ask that parents join in with their toddlers to help keep them engage. This is a very young age group and this group of children usually do better with parents playing along. **Please remember to dress your child in comfortable clothing and sneakers.** Thanks in advance for your support.

Lil'Champs is also a skill based programs. Children enrolled in this program will participate in age appropriate skill based station activities and will introduce game play through short two v. two scrimmage starting the second day. **Please remember to dress your child in comfortable clothes and sneakers/cleats. Cleats and shin guards are optional.** Thanks in advance for your support

Big Champs and Senior Champs are both skill based programs that also introduce game play. Children enrolled in Big Champs and Senior Champs will participate in skills and drills station activities the first session then begin game play starting the second session. **Please remember to dress your child in comfortable clothes, cleats, and shin guards.** Thanks in advance for your support

- **Cool Down:** Cool Down will take place during the last 5-10 minutes of each program each week.
- **IMPORTANT!!!! Dismissal-Security Colors:** For the first three weeks, until coaches get to know all the players, each parent needs to show his/her security color to the coach at dismissal so that the coach can safely send each child to the correct parent/guardian. Please be sure to pick up your security colors at check in. Security colors will be located on program flyers and placed in his/her program box for families to pick up at the start of each program. Colors change each week so please remember to pick up your flyer and security each week. On the first night, security colors will be stapled onto your child's t-shirt bag and placed in your program box. Please be sure to know which program your child is enrolled in (Toddler Champs, Lil' Champs, Big Champs, or Senior Champs)
- **September 13th- First Day** Please report to your child's program box where you will find a bag with your child's name and security color stapled on the front. Inside the bag you will find your child's t-shirt Once you pick up your shirt and other program info... please take your child to the coach to participate in get to know you activities and team building activities. All coaches will be wearing a black t-shirt with the Champion Child Logo on the front.
- **Things to remember...the program takes place on a school field so bathroom access is limited. Please have your child use the bathroom prior to arriving to the program.**
- **What to bring...**Please supply your child with a water bottle with his/her name written on it. We supply all equipment and a program t-shirt. Please dress your child in sneakers or cleats and comfortable clothes. See above in agenda section for specific program direction.
- **Team Rosters can be found on the website at <http://www.stretch-n-growfun.com/ChampionChildInfo>**
- **Cancellation/Make-Ups:** If we need to cancel a session due to inclement weather, a group email will be sent out and cancellations will be posted on the website... www.stretch-n-growfun.com All contact information is taken from registration forms that were filled out during the registration process. Please email Amy Wall at Wall@Stretch-n-Grow.com if there are any changes in emails. We will make every effort to make-up missed sessions...although if a second cancellation is needed for a scheduled make-up session, we will not schedule another make-up.

WE LOOK FORWARD TO A WONDERFUL SEASON OF FUN AND LEARNING!!
Contact Amy Wall with questions at Wall@Stretch-n-Grow.com