

*First in Fitness Checklist*

**\*\* IMPORTANT:** Please return checklist and permission slip by

**Friday, January 26, 2024**

Student: \_\_\_\_\_

Parent: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Lunch**

\_\_\_\_\_ I will send a bag lunch and drink with my child.

\_\_\_\_\_ I want my child to request lunch from the cafeteria.

**Online Payment Due for Required T-Shirt: Due Jan. 26, 2024**

\_\_\_\_\_ I have paid for my child's T-shirt online: <https://osp.osmsinc.com/WakeNC/>

Cost per shirt: \$15.00 & Transportation is \$6.00= **\$21.00 per student**

**Select T-shirt Size:**

**\$15 per shirt** \_\_\_ Y.Med \_\_\_ Y.Lg. \_\_\_ A.Sm. \_\_\_ A.Med

\_\_\_ A.Lg. & \_\_\_ A. X-Lg.

\_\_\_\_\_ I have signed the permission slip & will return the form completed (required).

\_\_\_\_\_ I have made online payment for FIF Team T-shirt (required).

\_\_\_\_\_ I will encourage my child to practice weekly (encouraged for best results).

**Chaperones:**

\_\_\_\_\_ I will help chaperone our students while at Southeast High School or when students arrive at school and ride the bus.

\_\_\_\_\_ I will register to volunteer with Wake County Public Schools (must be completed every academic year on computer at Underwood).

## Important Live Links

[Underwood's First in Fitness Team 2024](#) - Who is on the team and assigned to the event.

[FIF Checklist & T-Shirt Size](#) - Hard copies will be home this Jan 19th in their packets.

[Online Payment for FIF T-shirt](#) - You can purchase a shirt now.

[First in Fitness Information](#) - About competition, cancellation, competition procedures & agenda.

[Chaperone & Volunteer Sign Up](#) - Must be registered this year to volunteer.

## **First in Fitness Team : Important Upcoming Dates & Links**

**-Friday, Jan. 19th:** Team Meeting in the gym at 3:00pm & Permission Slips Packets will Go Home. Meeting will take place at 3:05 pm in the cafeteria. If you are absent then see Ms. Robinson asap.

**-Friday, Jan. 26th:** Team practice will start in the gym 8:45 am-9:05 am. Students who need to get breakfast will leave at 9:00 am. Practice will take place Monday- Friday that will lead up to our competition in March.

**-Friday, Jan. 26th:** Permission Slips Returned to Ms. Robinson. Online Payment for FIF Team T-Shirt & transportation are due.

**-Friday, Jan. 19th:** Team Meeting in the gym at 3:00pm & Permission Slips Packets will Go Home. If you are absent, then see Ms. Robinson asap.

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Who: First in Fitness Team

When: WED. MARCH 15, 2023

RAIN DATE: TUES. MARCH 21, 2023

Where: Southeast Raleigh HS

Time: 10 am Opening Ceremony

10:30 am: All Events start at the same time.