RETURN

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.

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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.