

# MONTHLY PLANNING: JANUARY 2020

## INTRODUCTION AND AIMS

Dear parents,

Happy new year! January is the month of the good intentions and, once the holidays are passed, usual rhythms come back together with school and thousand of commitments. If your child tries ECross in January for the first time, it will be a novelty for them and for you: ask your teacher information about the functioning of the activity and about contents, aims and structure of the project:

- Evaluation sheet for monitoring children's progress
- Food education project
- Balance between muscular groups
- Training of all coordination skills
- ....

Instead, if your child has been attending ECross for months, analyze the situation with the trainer in order to understand the first tangible progresses that the child can achieve.

This month we are going to work particularly on strength, speed and endurance, rotating these skills each lesson. If your child attends ECross once a week, that is not a problem because in one month they will train each of these skills.

Perseverance, punctuality, engagement. These values and characteristics are essential. We try to work in team for the benefit of your son, so, please, don't make them miss trainings if not for very important reasons. And remember: always ask your child what they did in the training, hear the feedbacks, make them feel involved and make sure they perceive how much importance you give to physical activity.

Mobility will always be present as a central part of the program and acrobatic will be an added value.

If you still didn't do it, subscribe our newsletter on the website [www.ecrosskids.com](http://www.ecrosskids.com) (in the section "Require information"). You will receive monthly updates and information about children's training program in the gym and you will find interesting articles about kids' training on the blog.

You will also receive the fourth lesson about nutrition called "why do children only have to drink water?". Our nutritionist will give you some guidelines that you can adopt as a lifestyle.

For any information you can refer to your trainer.

**The national staff ECross Kids Italy**



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