



**C. T. ENGLISH  
HOME & SCHOOL CLUB**

# **CT HSC Fitness Club BEACH WORKOUT AND BBQ**

**Friday, 21 September, 2018**



- Rio Del Mar Beach
- Cardio, strength, + team-building activities
- BBQ dinner at the beach (families welcome!)

Departing from CTE parking lot immediately after school on Friday. Workout and games from 3:45 - 5:30, dinner and relaxing from 5:30 – 6:45. Carpools return to CTE around 7:30. Athletes wear workout attire and bring a water bottle and clothes appropriate for an evening at the beach.

***This is an HSC Sponsored Event***

**Club Advisor: David Kissner** [d.kissner@loma.k12.ca.us](mailto:d.kissner@loma.k12.ca.us)

CTHSC Contact: [info@ctenglish.com](mailto:info@ctenglish.com)

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**RSVP** My child, \_\_\_\_\_, will plan to attend.

I am able to provide transportation there / back (*circle none, one or both*)  
for \_\_\_\_\_ (#) passengers (in addition to yourself and your athlete).

Number of family joining for dinner (in addition to athlete) \_\_\_\_\_.

***Suggested dinner contribution: \$10***