

San Marcos Academy Run Club
(ages 8-12)
Fall 2019



Dear Parents,

The San Marcos Academy Run Club will begin *Monday, September 23*, and our *final day of running will be Thursday, November 14*. The club will meet on *Monday and Thursday afternoons from 3:30–4:30*. We will hold an on-campus 5K race on **Saturday, November 16** to culminate our Run Club season. Students should bring running clothes to change into after school; they will place their backpacks in the Derrick-Wolfe Hall living room prior to stretching. **RUN CLUB DAYS WILL ALWAYS BE ON MONDAY AND THURSDAY.**

Run Club is organized around the activity of running, but the focus of the club is to promote the wellbeing of the child. The club will promote fitness and encourage sportsmanship and a positive mental attitude. Mrs. Seydler (MS mom) will be teaching basic techniques, skills and strategies of running. This will be an excellent opportunity for your child to learn about a lifelong fitness activity.

RUN CLUB GUIDELINES

1. Although attendance is voluntary, too many missed practices will result in a student being dropped from the club. Please write down on the running log form if you can only run certain days. (i.e., Monday or Thursday only).
2. Runners must be checked out by 4:30 p.m. from a Run Club volunteer. No runner may be picked up while out on the course. Please pick up students at Derrick-Wolfe Hall in the living room. Runners who are not picked up at 4:30 will be placed in the K-5 After School Program (fee involved).
3. Students must run while at Run Club. Small walking breaks are OK. No sitting out and watching. Parents can watch their child, but we'd rather have you walking or jogging with them.
4. Students not enrolled in Run Club may not wait on campus for other Run Club members to finish. Siblings and friends must go home if they are not in Run Club or use the K-5 After School Program (fee involved).
5. Only proper running shoes are allowed for the students' SAFETY. No sandals, heels, boots or cros.
6. A Sign-up Genius will be created so parents can help provide snacks for our hungry runners AFTER run club is over.

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Permission Form

My child (please print) _____ who is in
_____ grade, has my permission to participate in the RUN CLUB. I understand that I
must provide transportation for my child. My child has no known medical problems
which would prevent him/her from participating. If he/she has medical needs, please
describe:

**We will be ordering a special Run Club t-shirt from the Sabre, the cost is
approximately \$15, *if this is acceptable, please circle the correct size for your child.***

Student t-shirt size: YS YM YL AS AM AL

Are you able to help with Run Club _____ yes _____no

If yes, what days/dates are you available to assist:

Teacher's Name: _____

Parent/Guardian (please print) _____

Telephone Number _____

Parent signature _____ Date _____

This permission slip must be turned in before your son/daughter can participate.

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