



CALLING ALL RUNNERS!

Be a part of the 2022 Lancaster County Middle School Run Club

Our team is open to all interested girls and boys in 5th-7th grade. The goal of the running club is to provide a fun and supportive opportunity for our students to be active and develop better fitness, self-discipline, and a dedicated attitude in all that they do. We believe being a member of the run club will positively impact self esteem and attitude.

We will have fun learning how to stretch, warm up, do a workout, and cool down. The goal is to promote team spirit, good sportsmanship and a strong sense of personal pride and satisfaction.

Our club will meet three times a week.

Training days and times:

Monday 3:15-4:30

Tuesday 3:15-4:30

Thursday 3:15-4:30

Basics:

Teacher Sponsor: Ms. Emily Webb (LPS PE Teacher)

Athletic Director: Mrs. Megan Broske (LMS PE Teacher)

- Students will need to bring or wear athletic clothing, including socks and running shoes.
- Students will need to bring a water bottle.
- Students will NOT need a sports physical, but we will need to have a parent permission slip/release of liability form on file.
- We will meet out back of the middle school unless the weather is below 40 degrees and/or there is severe, inclement weather. In this event, we will cancel training for the day.
- Our first training day will be on March 14th.

(Please complete this sheet and return to school no later than Thursday, March 9th)

Student name: _____

Grade: _____

Homeroom Teacher: _____

Parent Name: _____

Parent email: _____

Parent Phone #: _____

PLEASE CHECK ONE

___ My child will ride the Activity Bus home. The drop off location that I will pick them up from is: _____

(Please use the attached list of designated stops to choose from. Please note the approximate drop off time. You will need to pick them up from this location at that time.) **The Activity bus leaves at 4pm. It will take at least a week to get your student on an activity bus so the sooner you return the sheet the better and we will inform you when they will be able to ride.**

___ I will pick my child up each day of run club at 4:30 on the bus loop by the gym doors.

Please list anyone else who may pick up your child:

I have read and understand all the information in this parent acknowledgement letter.

Parent signature: _____

Date: _____