

RUNNING CLUB

Come Run With Us!



PURPOSE:

The main goal of the running club here at SSA+S is to bring together an assortment of students who wish to run; whether it is for fun or serious training. Runners of all age levels and ability are welcome to join. Students will learn strategies and tips to help them succeed in their running goals.

TIME:

We will meet once every two weeks at 4:00PM TO 5:00PM, on **every other Tuesday** to go running. Due to the high temperatures currently, the **running club will start on October 17th** during a cooler time of the season.

PLACE:

We will be conducting the majority of our runs over the Ringling Bridge, Payne Park and Pioneer Park.

RULES:

- ✓ Each person is required to stretch.
- ✓ Each student must stay hydrated at all times. (Very important, especially since we live in Florida)
- ✓ Each student must listen to the teacher while running since we will be near main roads.

**Any student who cannot follow these rules will not be allowed to run.*

CONTACT INFORMATION:

Dan Casey
941-330-1855 ext. 1209
DanCasey@ssas.org

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Running Club Application
Return to Mr. Casey Rm 209 before October 17th

Student Name: _____

Grade: Sixth Seventh Eighth

Best number to call afterschool: _____

I the parent, understand that my child will meet at the picnic tables at 4:00PM and will be picked up by 5:00 PM.

I the student, understand that running club is a privilege and that I represent my fellow students—on and off campus. If I fail to uphold these values and responsibilities, I may be put on probation and removed from running club.

Student Signature

Parent/ Guardian Signature

My child _____ has permission to leave campus at 5:00 PM to walk to an off-site location. They may do this after any running club meetings for the 2017-18 school year. I understand that they will not be monitored if they leave campus.

Parent/ Guardian Name

Parent/ Guardian Signature