



## Sanborn Running Club Permission Slip 2016-2017



Dear Parents:

**Running Club Information Meeting** on Monday, Oct. 24<sup>th</sup>, in the Library, from 2:50 – 3:30. You can attend with your students to find out all the details of the club. *This is NOT a running day for students!!* There will be a **Volunteer Training Day** in the Library on Thursday, Oct. 27<sup>th</sup>, from 2:50 – 3:30 for all volunteers. Volunteers can bring their children to this meeting. Coloring tables will be available.

**Yes!!!** The **SANBORN RUNNING CLUB** begins **Thursday, November 3<sup>rd</sup> from 2:45 PM – 3:30 PM.** Students will place their backpacks next to their grade level **log-in table** prior to stretching. Students will then meet between the soccer goals in Pima Park for announcements and stretching. **RUNNING CLUB DAYS WILL ALWAYS BE ON MONDAY AND THURSDAY.**

**Students will have the opportunity to earn a “100 miles” T-shirt and other great prizes for 200, 300 and 400 miles!!!**

**\*\* Students who attend 16 Running Club days a year are invited to a Pool Party Celebration! \*\***

**Running Club** is organized around the activity of running, but the focus of the club is to promote the well-being of the child. The club will promote fitness and encourage sportsmanship and a positive mental attitude. I 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.

**Running Club** has a small **activity fee of \$5.00.** Please attach the \$5 cash or check (written to Sanborn) to your registration or pay with your Tax Credit Donation through Infinite Campus between Nov. 3<sup>rd</sup> – Nov. 17<sup>th</sup>. Please note on the Permission Slip if you already paid through Tax Credit Money. I would also like you to consider purchasing a “**Good**” pair of running shoes for your child.

Students involved in **Running Club** will be running on the pathways in Pima Park. This gives us plenty of space for safety and a fun environment to run in. Time will be spent on safety procedures, the importance of jogging with a friend and the dangers of strangers.

Transportation is not provided to or from **Running Club or Races.** Runners must arrange their own rides.

***“Running Club”***

(Sign other side)

***Permission Slip***

# RUNNING CLUB GUIDELINES

1. Although attendance is voluntary, too many missed practices will result in being dropped from the club. Please write down on the running log form if you can only run certain days. Monday only...
2. Runners must log-out of running club. No runner may be picked up while out on the course. Please pick up students at the Ramada area or students can meet you at parent car pick-up.
3. Students must run while at running club. Small walking break 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 Running Club may not wait on campus for other Running Club members to finish. Siblings and friends must go home if they are not in Running Club.
5. Only proper Running Shoes are allowed for students' SAFETY. No Sandals, Heels, Boots or Crocs.

I sincerely hope you will encourage and support your child in this effort. **Running Club** can be a rewarding experience for all who are a part of it. If you have concerns or questions, please feel free to contact me at (480) 812-7315 or email me on our school website. Running Club info, forms and race schedules are online. Also, you are more than welcome to come and walk, jog, or push the stroller with us.

In order for your child to participate, you must fill out and sign the form below and pay the \$5.00 fee. Remember, we start **Running Club** on **Thursday, November 3<sup>rd</sup> from 2:45PM – 3:30 PM**. We need Volunteers to help the runners log out and to monitor the course while they run. (please check the Perm. Slip if you can help). **Running Club days will always be on MONDAY and THURSDAY**.

*(Please pick up your child on time and have a meeting place.)*

Mr. Lewkowski & Volunteers

*(Detach & Return to Mr. Lewkowski by Oct. 28<sup>th</sup>)*

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## 2016-2017 Running Club Permission Slip

My child (please print) \_\_\_\_\_, who is in \_\_\_\_\_ grade, has my permission to participate in the **16-17 SANBORN RUNNING CLUB**. My child has permission to run off campus in Pima Park. 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 they have medical needs, please describe: \_\_\_\_\_.

\_\_\_\_\_  
Parent/Guardian Signature (Help with Running Club Y-\_\_\_ N-\_\_\_) \_\_\_\_\_  
Teacher's Name

\_\_\_\_\_  
Parent/Guardian Telephone # \_\_\_\_\_ Boy / Girl \_\_\_\_\_ Date \_\_\_\_\_