

## Be Part of the All Saints Running Club!!

ASCS Running Club will begin 11/2/20 and will wrap up on 12/18/20. Our team is open to all interested girls and boys, grades Pre-K – 4<sup>th</sup> grade. The goal of the ASCS Running Club is to provide a fun and supportive opportunity for our children to be active and develop better fitness, self-discipline and a dedicated attitude in all that they do. We will have fun learning how to stretch, warm up, do a workout and cool down. Our club will be broken up into 2 groups who will meet twice a week for 45 minutes each session.

Training Days and Times:

Primary Group: Pre-K – 1<sup>st</sup> Grade: Monday's and Wednesday's 2:30-3:15 p.m.

Intermediate Group: 2<sup>nd</sup> – 4<sup>th</sup> Grade: Tuesday's and Thursday's 3:15-4:00 p.m.

***IMPORTANT SCHEDULING NOTE: Primary group (PK-1<sup>st</sup>) will begin on 11/2. The Intermediate group (2<sup>nd</sup>-4<sup>th</sup>) will begin the following week, on 11/10. Run Club WILL NOT operate on 11/11 (early release) or during Thanksgiving break (11/23-11/27).***

### **Basic Facts about ASCS Run Club:**

**Supervising Staff:** Coach Barrett (abarrett@allsaintsjupiter.org)

- ◆ Students are required to wear running/athletic shoes. Run Club does not have a changing area so students will wear the clothes worn to school that day. Masks are allowed but are not required as long as students appropriately social distance.
- ◆ Students **MUST** bring a full water bottle. Bottles must be filled prior to coming to Run Club.
- ◆ There is a \$10 fee to assist with covering costs for rewards.
- ◆ Students will be released from their classrooms 10 minutes prior to the designated Run Club start time and will meet in the gymnasium before heading outside to the athletic field.
- ◆ The goal for our students is to complete a full marathon (26.2 miles) by the end of Run Club. Students will be running/walking the perimeter of the athletic field which is approximately .2 miles. Therefore, completing 5 laps is equivalent to 1 mile. Students should set a goal of 12-13 laps each running session to have the opportunity of completing a full marathon. This would be an impressive accomplishment!
- ◆ We will be using the EZ Scan app to track students' progress. Each student will receive a scan card that will be scanned using an iPad after every lap.
- ◆ We will not run in the rain as I do not want to send home the students in wet clothes. When we're rained out students will follow their regular dismissal routines.
- ◆ Participants will earn awards at certain milestones. All students will receive a shoelace necklace. Every 3 miles they will earn a charm to add to their necklace. Students will earn an ASCS Run Club t-shirt for completing a full marathon.

**Dismissal Procedures:**

Parents can pick up their students at the gate to the athletic field (next to the gymnasium outside entrance). The gate will remain locked during Run Club operation and will ONLY be unlocked at the designated dismissal time. This assists with keeping dismissal safe and organized. If your child needs to leave Run Club early please do not have them attend that day. Once the gate is unlocked please sign out your child with the supervising staff. If your child attends the After Care Program, they will be escorted there once all other Run Club members have been picked up. If you're late picking up your child, they will be taken to After Care and you will be charged accordingly. Coach Barrett must be given sufficient notice if someone other than yourself or another adult indicated on the registration form is picking up your child.

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Please complete registration form below and return to Coach Barrett, with \$10 registration fee, by **October 29<sup>th</sup>, 2020.**

Student Name \_\_\_\_\_ Parents Name \_\_\_\_\_

Age \_\_\_\_\_ Parent email \_\_\_\_\_

Grade \_\_\_\_\_ Parent Phone # \_\_\_\_\_

Student Shirt Size \_\_\_\_\_

Emergency contact number (other than parent phone) \_\_\_\_\_

List any other adult(s), other than parents, approved to pick up your child:

\_\_\_\_\_

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

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Select Payment Option (\$10) \_\_\_\_\_ Cash \_\_\_\_\_ Check

Please check if your child will go to After Care following each Run Club Session \_\_\_\_\_