

Meridian Park Running Club 2018

Meridian Park Elementary School will be facilitating Running Club for 4^d-6th grade students again this year. This is our 11th consecutive year of elementary running clubs in Shoreline and we are thrilled about the strong tradition of health and fitness we are building in our schools.

What: Meridian Park Running Club aims to be a fun and social experience centered on the sport of middle distance running. Running Club culminates at the Fall Fun Run at Hamlin Park on the 25nd of October where your child will have the opportunity to participate in a ½ mile or 1 mile event. The more important focus of club is teaching your child how to take personal responsibility for his or her health in a supportive and safe atmosphere. Each practice will consist of paced running, general conditioning and some games involving running.

When: Practices will be held on Tuesday and Thursday mornings from 8:15 am to 9:00 am beginning on September 18th. Running Club will culminate with the Fall Fun Run on October 25th at Hamlin Park. Further information concerning the Fun Run and field trip permission forms will be distributed to Running Club members the first week of practice.

Expectations: Student will be expected to adhere to Meridian Park code of respect, responsibility and safety during Running Club and asked to sign a Respect, Responsibility and Safety contract. Furthermore, participants need to attend 80% of practices in order to participate in the Fall Fun Run.

Cost: There will be a \$10-15 dollar charge for t-shirts and transportation this year. Scholarships are available for those in need, PLEASE DON'T LET COST BE A DETERIANT TO PARTICIPATION. Please do not send money at this time, when final costs are calculated further information will be sent home with your child.

Coaches: Mr. Alford, Ms. Kushner, Mrs. Mo (formerly Clark) & Mrs. Uran

How: Simply return a permission form to Mr. Alford or your classroom teacher and show up at the gymnasium on Tuesday, September 18th for our first practice. ***All practices will take place on school grounds.

Student Name: _____

Teacher: _____

Home Phone: _____ Work Phone: _____

Dates of Activity: see above.

Coaches: Mr. Alford, Ms. Kushner, Ms. Mo & Mrs. Uran

I am signing this permission slip to allow my son or daughter to participate in Running Club at Meridian Park Elementary School. This activity will be from 8:15 am to 9:00 am on the above listed dates. I understand that there will be no supervision for my child prior to 8:10 am.

Parent Name: _____ Signature: _____

Date: _____

Respect, Responsibility & Safety Contract

I _____ pledge to be respectful and encouraging of my Running Club Teammates. I also pledge to be responsible for my own behavior and follow all Meridian Park School expectations. Furthermore, I pledge to conduct myself in a manner that ensures the physical and emotional safety of myself, and others at all times. I understand that violations of the Respect, Responsibility & Safety Contract may result in my inability to participate in Meridian Park Running Club.

Signature _____

Date
