

ROCKETS RUNNING CLUB

Dear families,

It's time for Rockets Running Club to begin! Our Running Club is a great opportunity for students to exercise. We will be stretching together, running, and recording our mileage. Runners will report their mileage to me at the end of each practice, and they will receive a "shoelace reward" for each five-mile increment they build up to.

- **Who?** 4th-8th grade students
- **When?** Tuesdays & Thursdays after school until 5:00 pm - beginning September 6th! The Fall season of Running Club will go through the end of October. The Spring season will begin in March.
- **Where?** Students need to be picked up at our Richards Sports Complex at the track.

If your child is interested, please carefully read over the following information.

- **Sports Physical** - In order to participate in Running Club, your child must have a current sports physical on file from their doctor or clinic. Sports physicals are good for two years.
- Your child may participate in Running Club and cross country. OR they may participate in Running Club and NOT run cross country. Either way is fine.
- You must pick your child up at 5:00 at our Richards track. I will stay until 5:15 at the latest since I know some people get off work at 5:00 and have to drive to our complex. **Please do not arrive any later than 5:15 pm.** If you can't make it by 5:15, please don't have your child stay that day.
- **Behavior** - As with any school sport, your child is expected to behave at Running Club. If they can't be responsible enough to behave and follow the rules, they may be asked not to stay again.
- Make sure your child brings a WATER BOTTLE each time! I'll have cold water to refill them with.

Let me know if you have any questions! More information will be given out if your child stays for Running Club practice. Looking forward to running and having fun!

-- Mrs. Cooper 😊