

Schneider Elementary



Cross Country Club

The Schneider Cross Country Club will introduce the participants to the basics of distance running. Our focus will be on proper warm ups, stretching, form drills, and learning how to properly pace. All students in grades 4 and 5 are welcome!

When: Tuesday's and Thursday's 9-17, 9-19, 9-24, 9-26, 10-1, 10-8, 10-10, 10-17, 10-22, 10-24, 10-29, 11-5, 11-7.

Where: We will meet in the gym after school and then go outside to stretch and run. We will meet regardless of the weather and do indoor training if the weather is not good.

Who: Grades 4 and 5.

Time: 2:20-3:05. Please be sure to be at Schneider by 3:05 for pick up.

Cross Country CLUB PERMISSION FORM

_____ in classroom _____ has my permission to participate in the Schneider Running Club. I understand I am responsible for the prompt pickup of my child each day after run club. I further understand that if my child is at school it is expected they will be at run club. If your student was at school but is marked absent from XC club you will be contacted. Forms are due by April 5th. Questions can be forwarded to Mr. Banholzer at mbanholzer@sd129.org.

Parent Signature _____ Date _____

Name and phone number of a contact person in case we need to reach someone for pick up:

Name _____ Phone _____

