

Running/Walking Club

Running club/walking club will be held twice a week starting with the first day on January 4th, 2024 until March 22nd. Your student will need a permission slip signed in order to participate. The next weeks days will be announced the Friday prior to the next week. Days will be dependent on weather; The coach will be looking at the extended forecast for the next week. We will run on drizzle days not on pouring down rain. We will start running club after the buses leave which is approximately 2:50. We will be done at 3:45. There will not be a bus so your student will need to be picked up at 3:45.

Students will be running off campus so each runner will be expected to run with a partner. Students will be expected to follow rules of crossing streets and staying on sidewalk as much as possible. Areas we will run are to Baker's Corner (no crossing Ocean Beach Hwy or running on Ocean Beach Hwy), Roy Morris Park, Branch Creek neighborhood (there's a walking/running trail in the neighborhood) and Longview Memorial Cemetery. We generally run on the average around 2.5-3.25 miles, depending on students' level of endurance and fitness level.

Our Coach, Mrs. Yordy will be teaching safe protocols for self and others in outdoor activities. Learn how to pace cardio respiratory endurance, differentiate between a warm up and a cool down before and after physical activity, adjusting target heart rate zone during a physical activity, and improve cardio respiratory endurance. Each time the student participates they will be expected to record their distance, time, and heart rate after each run.

By signing below, you acknowledge the following.

- **Student will be unable to ride the bus home and must be picked up at 3:45 on days of club.**
- **Any disciplinary action during the school day will disqualify the student from participation on that day.**
- **Any and all unsafe, disrespectful or harmful behavior towards staff, students or the learning environment will not be tolerated and if it becomes a continuous issue student will be asked to not participate.**

Student Name: _____

Date: _____

Parent/Guardian Signature: _____ Date: _____