Nette Shultz Elementary

26-27 After School Clubs

Name of Club: Mustang Milers Running Club

Club Leader(s) and Email: Melanie McGary, mmcgary@dentonisd.org

Participating Grade Levels: 2-3

Dates and Times: Every other Tuesday till 4:15

Sept. 15
Sept. 29
Oct. 6
Oct. 20
Nov. 3
Nov. 17
Dec. 1
Dec. 15
Jan. 12
Jan. 26
Feb. 9
Feb. 23
March 16
March 30
April 13
April 27
May 11

Club Description: Mustang Milers Running Club is a great opportunity for students to stay active, build endurance, learn about goal setting, and most importantly—have fun with their classmates while developing healthy habits.

Expectations for Student Behavior and Engagement:

1. Be Safe

- Keep your hands and feet to yourself.
- Stay on the designated running route.
- Walk when a coach tells you to.

2. Be Respectful

- Listen when coaches or volunteers are talking.
- Use kind words and encourage others.
- Include everyone and cheer each other on.

3. Do Your Best

- Try your hardest, even when it's challenging.
- Keep moving—walking is okay if you need a break.

- Set goals and celebrate your progress.

4. Be Responsible

- Stay with the group.
- Bring your water bottle and take care of your belongings.
- Tell a coach if you don't feel well or need help.

If Expectations Aren't Met

Keep consequences simple and consistent:

1. Reminder
2. Warning and brief conversation with a coach
3. Parent/teacher communication if behavior continues
4. After 3 parent communications, your child will no longer be invited to participate.

Expectations for Parent Support and Involvement:
1. **Pick Up on Time**

- Arrive promptly at the designated pick-up location.
- Notify the coach as soon as possible if you will be late or if someone else is picking up your child.

2. **Be Prepared**

Please help your child come to Running Club with:

- Athletic shoes suitable for running
- Comfortable clothing appropriate for the weather
- A labeled water bottle
- Snack

3. **Communicate with Coaches**

- Inform coaches of any medical conditions, injuries, or concerns that may affect participation.
- Notify coaches if your child will be absent from Running Club.

4. **Stay Connected**

- Read club emails, newsletters, or announcements.
- Respond to requests for information or permission forms in a timely manner.

