

## **Morning S-Miles (Running Club)**

- This is a FREE program open to all Kindergarten through 7<sup>th</sup> grade.
- September 3<sup>rd</sup> through end of school year from 7:35 a.m. until 7:50 a.m. Monday through Thursday (weather permitting).
- Participants may attend as often as desired but there is no set requirement for attendance.
- Participants may wear any type of athletic shoe (no particular color) during running club (no boots, open toe shoes, or slip on ballet-type shoes). **They must bring a school appropriate pair of shoes/sneakers to change into at the end of running club.**
- PE coaches will keep track of mileage and award toe tokens/prizes for every 5 miles completed.

Students must adhere to the following behavior expectations. If those expectations are not met, they will not be permitted to participate either for the remainder of that day or a longer period of time should the behavior become a consistent problem.

- Model school virtues of: courage, courtesy, honesty, perseverance, self-government, and service
- Jog or walk laps continuously
- Maintain a safe distance from other runners/walkers

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If you student would like to participate in Running Club, please sign below and return to the School Office. By signing below, I acknowledge the rules and expectations for my child during Morning S-Miles Running Club.

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| Student Name | Grade/Teacher | Parent signature |
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