



Cranes Running Club

Welcome to Williams Elementary running club! We are excited to set physical goals together to strive for athleticism.

Our goal is to eventually be able to run a 3 mile **OFF CAMPUS** run. We will be training for several community 5K (3.2 miles) races. Parents must **remain** with their child at each race. Participation in races is **not required** in order to be in running club. However, community races do spark an interest in most children for lifelong physical activity. It really is a non-threatening, fun environment. Your child does not have to be a “professional” runner to run a race. We will send more information about each race as we approach the date. ***If you are interested, the Running Zone website has a list of all the race events in the area.

We will be sending home a t-shirt purchase order form for a Williams Cranes Running Club shirt. We would love for all club members to wear these shirts on Mondays (you can change into it afterschool or wear it to school) and at community races. However, you are not required to purchase a shirt to be a part of running club.

Running is a progressive process. We will begin running on our Williams Elementary back field. Our goal will be to decrease our time in the one mile. Eventually, we will begin running off campus as students meet their goals. **PLEASE UNDERSTAND THAT RUNNING/WALKING CAN BE PHYSICALLY STRENUOUS. IF YOUR CHILD HAS A CONDITION THAT WE NEED TO BE AWARE OF PLEASE INDICATE BELOW NEAR YOUR SIGNATURE. ALSO UNDERSTAND THAT YOUR CHILD NEEDS TO BE IN CONTROL OF HIS/HER PHYSICAL ABILITIES. IF THEY OVEREXERT THEMSELVES, THIS COULD RESULT IN DEHYDRATION OR HEAT EXHAUSTION.**

We expect all runners to bring a change of clothes on **Mondays** appropriate for a physical workout. This would include correct running sneakers, **appropriate** length shorts/pants, and a possible change of shirt. Runners will also need a water bottle. Electronics, such as iPods, will **not** be allowed.

Runners will need to be picked up at **3:30** in the **CAR LOOP** every **Monday**. Walkers, Educare, and Bike riders will be released at this time. Students who are consistently picked up late will no longer be able to participate in the club.

Parent volunteers are welcomed to come and run, especially when we begin our off campus runs. Parents must be registered to participate. If you have a younger child who would like to participate, they may join as long as a parent is **with** them.

Thank you so much for your support! If you have any questions or concerns, please contact Mrs. Sichler at Sichler.deanne@brevardschools.org or 617-7700 X.3609.

Please sign and return the attached field trip form in order to permit your child to run off school grounds. Signing this form means you understand your child will be running on the sidewalks in the community.

Thanks,
Mrs. Sichler, Mrs. Yancey, Ms. Lenderman

MY SIGNATURE BELOW SHOWS AN UNDERSTANDING OF THE REQUIREMENTS AND EXPECTATIONS OF RUNNING CLUB. I ALSO UNDERSTAND THAT IT IS THE EXPECTATION OF THE CLUB SPONSORS THAT I PROVIDE ANY INFORMATION REGARDING PHYSICAL CONDITIONS RELATED TO MY CHILD'S ABILITY TO PARTICIPATE. IN ADDITION, I WILL DISCUSS WITH MY CHILD THE RESPONSIBILITY OF RESPONDING TO HIS/HER BODY PHYSICALLY. FINALLY, I WILL SIGN THE FORM ATTACHED TO PROVIDE MY PERMISSION FOR OFF CAMPUS RUNS.

Please write any concerns or information below:

X _____
Parent signature

Parent name: _____ Contact Number: _____

My child is getting home by (circle one below):

Car

Walker/biker

SACC



Cranes Cross Country

Williams Elementary's running club for 4th, 5th and 6th grade is starting again. Our goal is for students to understand the importance of physical activity in relation to a healthy lifestyle. Students will be setting attainable physical goals. In the beginning, Students will be running/walking a marked 2 mile course. Listed/registered parent volunteers are welcomed and encouraged.

The club will meet every **Monday** from 2:30-3:30 in Mrs. Sichler's room starting on September 12, 2016.

My child _____ is interested in joining the Williams' running club.

Classroom teacher: _____

Home phone number: _____

How will your child go home at 3:30? _____ car rider
_____ walker _____ bike rider _____ Educare

_____ Yes, I am interested in being a parent volunteer for the club, and I am registered.

X _____
Please sign and return to your homeroom teacher.

Thanks,
Mrs. Sichler, Mrs. Yancey, Ms. Lenderman
(Club sponsors)



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