Rocky Mountain Elementary School

2500A Balmer Dr., P.O. Box 460,

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**RUNNING CLUB**

Our team is open to all interested girls and boys in **Grade 2-6.** Grade One students can join Running Club after Spring Break. The goal of the RMES Running Club is to provide a fun and supportive opportunity for our children to be active and develop better fitness, self-discipline, and a dedicated attitude in all that they do. This year Running Club will take place on Mondays and Wednesdays, starting Wednesday, September 27 (weather permitting) at lunch. Students will run, and then eat their lunch in the gym. Fridays will also be our make-up or extra days when needed but will not be part of the regular schedule. We will meet for Running Club in front of the school. ***For the safety of the participants, students will only be able to participate if they have running shoes (no boots or sandals).***

Parents are always welcome to come and join us for a run. It is great to have the adult role models, and the extra help with supervision is always appreciated.

Please sign the permission slip below and return to the office as soon as possible.

Training Days: Mondays, Wednesdays at lunch **Teacher Sponsor:** Mrs. Attorp

* Students will need to bring or wear athletic clothing including socks and running shoes.
* Students need to bring a full water bottle.
* Students **MUST** participate in running club to be eligible for the Kikomun in May **(Grade 2-6 ONLY)**
* Athletes will be expected to attend practices, have a good attitude, be a good sport and be on best behaviour to attend the Kikomun Run

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Please indicate that you give your consent for your child to participate in **Running Club** by signing below and returning this form to the school.

Student Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade:\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_