

# Running Club



## When is Running Club?

7:30-7:55 a.m.

Monday – Pre-School and Pre-Kindergarten

Tuesday and Thursday – Grades K-3

Running starts Tuesday, September 15.

## Who can participate?

All students are welcome to participate on their grade levels designated day.

## Where will we run?

The court yard.

## Why do we have Running Club?

The purpose of Running Club is to provide students an opportunity to exercise with friends and help develop healthy habits. Research shows that regular exercise can help increase learning, emotional, and physical well-being of students. Our goal with Running Club is to promote cardiovascular fitness along with all the other benefits that accompany regular exercise.

## What will happen at Running Club?

Participants will run, jog, or walk as many laps as possible before 7:50 a.m. During the last 5 minutes all participants will cool down, stretch, and discuss the importance of exercise and flexibility.

Parent volunteers will be needed to help supervise and monitor students. If you are interested in helping please contact the office or Mr. Worley at the school.

Running Club will be canceled if it is raining or conditions are unsafe.

## Rules and expectations

1. Shoes are a must. No slippers or Crocks.
2. No “horse play”. Students are expected to be moving around the track safely and appropriately or they will be sent back to their classroom early.
3. No going back and forth to class. Once students drop off bags they must stay out at Running Club or in the classroom.