

South "O" Elementary Running Club

February 4th through April 5th (8 Weeks)

Monday through Friday 8:25am – 8:55am

The goal of this running club is to motivate and inspire your children to enjoy physical fitness!

Running is a lifelong sport that builds confidence and character!

Cost: \$10

Permission Slips Due By Friday, February 1st.

Further questions contact: Melissa Betz, Cell: 760-583-4581, Email: curliemell@me.com



Cut Below and Return to school

South "O" Running Club Registration Form:

Child's Name: _____

Grade: _____ Teacher: _____

Parent Name: _____ Cell

Phone: _____ Email: _____

Emergency Contact: _____ Cell

Phone: _____

Medical Conditions: Yes or No,

List: _____

Allergies: Yes or No,

List: _____

Rules: *I will perform to the best of my ability, I will treat my fellow peers and coach with respect, and I will listen and follow directions. I understand I will not be able to participate in the running club if I do not adhere to these rules.*

Student Signature: _____ Date: _____

____ Parent

Signature: _____ Date: _____

South O Running Club Volunteers

Looking for volunteers! If you would like to help out with running club in the morning. Please include your contact info and what day you would like to help. Its once a week between 8:25am to 8:55am for 8 weeks (February 4th –April 5th). We will need volunteers to help set up (8:25am -8:30am), track laps (8:30am -8:50am), and record laps/ cleanup (8:50am-8:55am). Depending on your time availability you can volunteer to do one, two, or all three of these jobs during your volunteer shift. Whatever you have to give we will take!

Name: _____

PhoneNumber: _____

Email: _____

Volunteer Day; _____

Circle what you're available to do: set up track laps record laps/
cleanup

South O Running Club!

Running Club is open to students 1st through 5th grade starting February 4th – April 5th! It will be available Monday through Friday, 8:25am – 8:55am.

It's a productive way to take advantage of the late start schedule and get our students moving in the morning! Studies have shown that students who participate in physical activity before school experience benefits ranging from improved health and mood to improvement with on-task behaviors, such as attentiveness and concentration.

Students participating can choose what days they would like to run. It is not mandatory that they run every day, but running club will be available every day if they so choose to participate. Meaning they can run every day or once or twice a week, etc. Also, they can run, walk, or both! The idea is to get them moving at their own pace and what feels comfortable to them. It's meant to be fun and positive! Family members are totally welcome to stay and join their child as well, if you'd like!

We will be tracking the students laps and providing rewards at the end of each week for runners who have ran at least 12 laps that week. Your child will be eligible to pick a prize out of the prize box every Friday! The top 10 performers over the 8 weeks will be rewarded with an additional prize and recognized at pride assembly as well!

This running club will lead up to the Carlsbad 5000 Race Weekend, April 6th and 7th! There is an option for each age group that is distance appropriate or you can run/ walk a family 5k. This is a fun way to stay active as a family! You can register your child and/ or family at <https://carlsbad5000.com/>.

If your child is interested, please fill out the attached registration form along with \$10 and return with your child back to the school! We also need volunteers and there is a sign up form attached to complete and return as well if you're interested in helping out.

For further questions you can email Melissa Betz, Email: curliemell@me.com or Text: 760-583-4581

Thank you, South O PTO