

South O Elementary Running Club

January 17th - March 10th (6 weeks)

Monday through Friday 7:45 - 8:15

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 Tuesday, January 17th

Further questions contact: Alison Troxel at www.southopto.com



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 7:45am to 8:15am for 6 weeks (January 17th - March 10th). We will need volunteers to help set up (7:45am -8:15am), track laps (7:45am -8:15am), and record laps/ cleanup (7:45am -8:15am). 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: _____ Phone Number: _____

Email: _____ Volunteer Day: _____