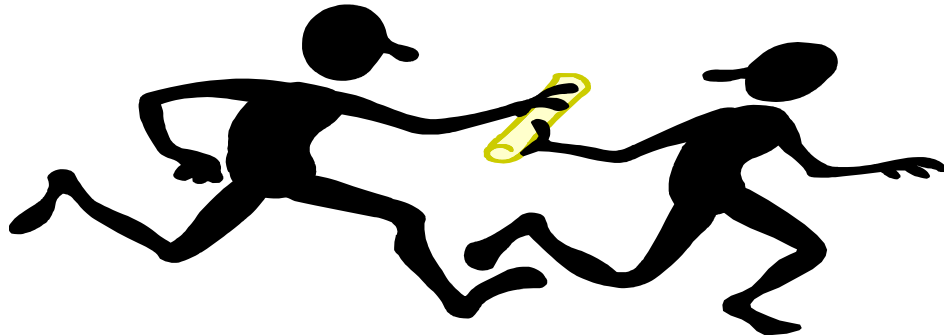


*Leesville Road Middle School*

# **“Running Club”**



Sponsored by:

**New Balance Raleigh**  
**6204 -121 Glenwood Avenue**  
**Pleasant Valley Promenade**  
**Raleigh, NC 27612**

**Students who are interested in joining the “Running Club” need to carefully read the following information with their parent / guardian.**

**Students who want to join the “Running / Jogging / Walking Club” need to return the last page, completed with correct information and parent/ guardian signature.**

**Please return the completed information sheet to Coach Markham or your PE teacher by September 6, 2019.**

**Running Club will be held on the LRMS track. Students will possibly also have the option (at later dates) to run in supervised groups on the Leesville cross country trails.**

**Students have the option of running, jogging, or walking (Walkers must stay on the track)**

**The Running Club will take place outside only and may be canceled due to rain, high percentage of inclement weather or dangerous track conditions. If canceled, a message will be posted on the TV and an announcement will be made. It is the student’s responsibility to contact parent/ guardians and take normal rides home.**

**Please contact Coach Markham ([smarkham@wcpss.net](mailto:smarkham@wcpss.net)) with any questions or concerns. Thank you!**

# **Running Club Dates- *Fall 2019***

**Tuesday, September 24, 2019**

**Tuesday, October 1, 2019**

**Tuesday, October 8, 2019**

**Tuesday, October 15, 2019**

**Tuesday, October 22, 2019**

**Tuesday, October 29, 2019**

**Tuesday, November 5, 2019**

**Tuesday, November 12, 2019**

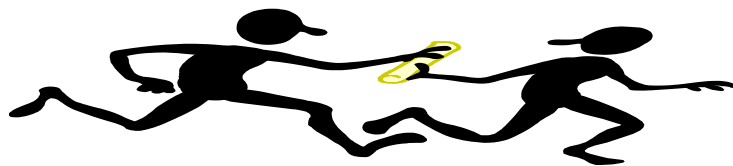
**Tuesday, November 19, 2019**

**Tuesday, November 26, 2019**

**Tuesday, December 3, 2019**

**Tuesday, December 10, 2019**

**Tuesday, December 17, 2019**



## **Objectives of Running Club:**

1. Increase cardiovascular endurance of students and faculty
2. Create a positive social environment where students can meet together while performing self-paced aerobic activity
3. Create personal fitness goals focusing on cardiovascular endurance
4. Increase awareness in the community by having the opportunity to compete as a school community team in 5k runs

**Time of club meetings:** 3:15 – 4:45

**Required materials:** Parental signed permission form

Sneakers and athletic clothes

Water bottle (optional)

## **Sample club Day:**

3:15 - Students released from last class

3:15 – 3:20: Students get changed in locker room/ lock up items, and meet in gym.

3:20 - Meet with club members to discuss objectives, personal goals for the day, and future personal fitness goals

3:30 – Agilities, stretches, and warm-ups

3:40 – Begin cardiovascular endurance activities

4:25 – End cardiovascular endurance activities

4:30 – Cool-down activities and discussion of fitness goals for next club meeting

4:40 – Students get items out of locker room and head to carpool for rides home

4:45 – Students picked up in carpool by parents

# “Running Club” Student Information Sheet

Student’s Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Mother’s Name: \_\_\_\_\_ Phone (H): \_\_\_\_\_ (W): \_\_\_\_\_

Mother’s Email: \_\_\_\_\_ Cell#: \_\_\_\_\_

Father’s Name: \_\_\_\_\_ Phone (H): \_\_\_\_\_ (W): \_\_\_\_\_

Father’s Email: \_\_\_\_\_ Cell#: \_\_\_\_\_

Emergency Name: \_\_\_\_\_ Phone/Cell#: \_\_\_\_\_

Relationship: \_\_\_\_\_

Medications (if any): \_\_\_\_\_

\* Please explain any medical conditions that the staff should be aware of including any special needs your son/daughter may have.

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**I give my son/ daughter permission to participate in the “Running Club.” I will arrange a ride to pick-up my son/ daughter at 4:45 in front of the school on “Running Club” days (see schedule). Students who are not picked up in a timely fashion after club meetings at 4:45 can be removed from the club and replaced by students on the waiting list. Students can be removed from the “Running Club” due to disruptive behavior or failure to follow procedures (during school or during club hours). Students receiving ISS or OSS will be automatically removed from the “Running Club.” Students in the “Running Club” who can’t attend a club date should contact Coach Markham. Students with two *unexcused* “Running Club” absences may be removed from the club. In the event of a cancelation, students will be notified and should take their normal ride home. I also give my son/ daughter permission to run on the track and the cross country trails in groups if they choose (and available).**

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

Student’s Signature \_\_\_\_\_

Signature of Parent/Guardian is crucial and indicates you have read and agree to all of the “Running Club” information and that the above information is correct. All students are to follow the instructions that are in compliance with school policies given by **any** staff member in the “Running Club.”