

Leesville Road Middle School

“Running Club”



*** Open to 6th, 7th and 8th
graders 😊**

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 12, 2022.

The Running Club will be held after school on the LRMS track area. 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.

Students should maintain proper distance throughout the club meetings and always keep their hands, feet and inappropriate comments to themselves.

Students should always be respectful towards ALL other club members and teachers with their words and actions.

Students are expected to give their best effort and follow specific directions given by the teachers.

Students are highly encouraged to bring their own water bottle to each club meeting.

Please contact Coach Markham (smarkham@wcpss.net) with any questions or concerns. Thank you!

Running Club Dates- Fall 2022

3:15 - 4:30

Tuesday, September 27, 2022

Tuesday, October 4, 2022

Tuesday, October 11, 2022

Tuesday, October 18, 2022

Tuesday, October 25, 2022

Tuesday, November 1, 2022

** No Run Club on Tuesday, Nov. 8 with calendar out day*

Tuesday, November 15, 2022

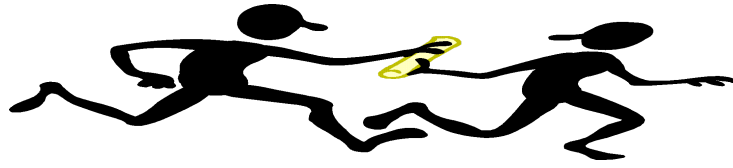
** No Run Club on Tuesday, Nov. 22 with upcoming holiday*

Tuesday, November 29, 2022

Tuesday, December 6, 2022

Tuesday, December 13, 2021

Note- If raining or dangerous conditions on track, then Run Club will be canceled for that day (no indoors)



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 – 4:30

Required materials: Parental signed permission form

Sneakers and athletic clothes

Water bottle (students needs to bring their own bottle)

Sample club Day:

3:15 - Students released from last class

3:15 – 3:20: Students head out to track area and meet on outdoor basketball court (next to track)

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

3:20 – 3:30: Agilities, stretches, and warm-ups

3:30 – Begin cardiovascular endurance activities

4:20 – End cardiovascular endurance activities

4:20 – 4:30 Cool-down activities and discussion of fitness goals for next club meeting

4:30 – 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.

I give my son/ daughter permission to participate in the “Running Club.” I will arrange a ride to pick-up my son/ daughter at 4:30 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 4:30 can be removed from the club. 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 can also be 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. It is the students responsibility to contact parents/ guardians with this information. 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.”