T/E Running Club

2016 Season

Dear Athletes and Parents,

Welcome to the third season of the T/E Running Club! Your sponsors this season are Mrs. Christine Riggs and Mrs. Patty Hino. Our combined experience includes recreational running, half and full marathon races and ultra-distance triathlons. It is our hope that we can inspire a love of running through this program.

The season begins on Friday September 9th with a club meeting in the Large Group Room to begin at 2:45p. The first official practice begins on September 12th. We will meet in room 206 at 2:50pm ready to run. **ALL PERMISSION SLIPS MUST BE SIGNED AND SUBMITTED BY SEPTEMBER 12TH TO PARTICIPATE.**

**COACHING OBJECTIVES:**

1. learn about the sport of running
2. improve running ability
3. share in the camaraderie of the sport
4. complete local 5K races (optional)
5. complete a T/E 5K race (optional)

**TEAM PRACTICE:**

Practice will take place from 2:50pm to approximately 3:45pm. Our meeting place will always be in room 206. Runs will take place in local neighborhoods, on T/E fields and on the Conestoga track. We will also focus on stretching and general conditioning. Runners should plan to be picked up at 3:50pm behind the school.

**EQUIPMENT:**

1. running shoes
2. (weather specific) clothes
3. water bottle

**CLUB ROSTER:**

Due to the nature of our sport and our concern for our runner’s safety, we are limiting our club membership to **15 members**. Therefore, we are asking the athletes to commit themselves to the program and participate fully should they choose to sign up.

**T/E Middle School Running Club 2016**

I give my son/daughter permission to participate in the T/E Middle School Running Club.

If you have questions, please contact Mrs. Christine Riggs at riggsrunner@comcast.net.

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

Grade: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student’s Signature: Parent’s Signature:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent Contact Information:**

Best number to be reached: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*The Tredyffrin/Easttown School District charges an activity participation fee to offset some of the expenses of extra-curricular programs. The established fee is $50, which covers participation in one or more sports or activities. Any student who participates in one or more of these activities (including Tutoring Club) must pay the $50 fee. Students participating in the free or reduced price lunch program will not be required to pay this fee. For more information and a list of activities, please see:*

[*http://www.tesd.net/Page/8479*](http://www.tesd.net/Page/8479)

 *The fee may be paid online or by mail. Do not pay this fee at the schools, and do not submit payment to club advisors.*