



# • Wood Creek Run Club Registration •

I agree to follow the Run Club Rules. I understand that it is my responsibility, not my parents', to have a change of clothes and outside athletic shoes as well as a small snack and a water bottle on practice days (Wednesdays). I also understand that if I have to miss practice, it is my responsibility, not my parents', to leave a note for Ms. D. Smith.

I understand that the first violation will require that I have a warning signed by my parents before I can return to Run Club, and that a second violation will require both a signed warning and a conversation with my parents and at least one of the Run Club coaches before I can return to Run Club.

Student name

Student Signature

Teacher

Grade

Allergies or any other health issues?

Parent/Guardian full names

Parent phone:

Parent e-mail

Emergency Contact 1 (name and number):

Emergency Contact 2 (name and number):

I am the parent/legal guardian of the participant named above, a minor. I agree that this child may participate in the Wood Creek running club. I understand that the participant will be involved in outdoor physical activities and that there are possible physical reactions to these exercises. I hereby release, discharge, and agree to hold harmless the coaches and volunteers of the running club, Wood Creek Elementary, Farmington Public Schools from any claims, liabilities, loss, damage and expense what so ever, including legal fees which may arise out of the child's participation in the running activities. I hereby warrant and represent that I am 18 years old or older. I assume all risks and wave and release certain substantial rights that I and participant may have or possess against the running club by signing this consent.

**I understand that my child will be running on Wednesdays after school and will need to be signed out by a parent/guardian in the LGI. I understand that if my child is picked up late more than once, they will not be able to continue participation.**

My child has had his/her school physical this year and is physically equipped to handle moderate to strenuous levels of activity.

Parent/Guardian Name (Print)

Parent/Guardian Signature

Date

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## **Run Club Rules**

### **Be Responsible**

- take care of your own self
- listen
- bring your shoes, snack and water

### **Encourage Others**

- help
- use kind words such as "Sorry" and "Nice job"
- run with a partner

### **Act Safely**

- look forward; look where you are going
- keep your hands and feet to yourself
- tie your shoes
- watch for cars/busses
- watch for runners coming in the other direction

### **Respect Others, Self and Area**

- clean up after your snack - trash or recycle
- put plastic water bottles in the recycle container
- water is only for drinking
- keep your hands and feet to yourself

**What?** The Wood Creek Run Club helps our children learn about healthy exercise habits and highlights running as a life-long sport. No matter the pace (yes, even walking), we are still exercising our hearts and muscles. This is also part of the 7 habits of happy children: Sharpen the Saw.

**Who?** The club will be for all boys and girls in grades K – 4. All children who join Run Club will be encouraged and supported. Some children do find that running is not ‘their thing’ though and it is ok to discontinue participation rather than creating distractions to others. Students will be asked to sign a contract at Run Club agreeing to the group's norms. A student who violates the norms will be given a warning that will need to be signed by parents and returned before the student can return to the Run Club.

Our current coaches are 4 parents, Mrs. Licari, Mr. Garnett, Mrs. Walby and Mrs. Hassell, and a teacher, Ms. D Smith. Parents are encouraged to join us in running or walking.

**When?** We will meet in the LGI on Wednesdays right after school and practice until 5:15. Children must be picked up by 5:15. We ask that you be respectful of our volunteers’ time and make arrangements to be on time. We understand that things happen and will allow for one late pickup. The front doors of the school will be locked so please come around to the back of the school. You will be asked to sign out your child.

**Where?** We will meet in the LGI. We will practice running and other running games on the black top and bus loop. Practice will NEVER be cancelled due to weather so children need to be dressed appropriately. (Add 20 degrees to the temperature to figure out clothing.) Children must wear appropriate shoes. Children MUST bring their own water bottle with their name on it . We will not provide water bottles. Students may have access to the drinking fountain on a limited basis. Children should also bring a HEALTHY snack...such as a piece of fruit or granola bar, NOT cookies or chips. We are eating this snack as fuel for our run. Non-healthy snacks such as cookies or chips do not provide fuel and they do cause upset stomachs.

**Cost:** There is no charge to participate in the Run Club.