

Running Club

We are pleased to offer a running club for students in grade 3-6 this fall at CCS.

Students will have the opportunity to practice their running skills and build endurance in a fun and supportive team environment. During practices they will run laps around the field and we will track their cumulative distance. Practice times will be Wednesdays after school, and Thursdays during recess. Students are welcome to participate in both practices each week, or choose which one to commit to. Our goal is to train for either a 1 or 5 kilometer race as part of the CIBC Run for the Cure on October 2nd. (You must let us know so we can register you. You are not required to donate money for your child to attend, however if you feel led to support this cause please let us know)

We are looking for a few parent volunteers to help with after school practices, so please let us know if you are willing to help out!

Sincerely,
Jahnaya Johnson (jahnaya.johnson@pallisersd.ab.ca)
Kaitlin Ouwerkerk (kaitlin.ouwerkerk@pallisersd.ab.ca)

I _____ give permission for _____
to participate in the running club at CCS.

They will be attending (please check which applies)

_____ Thursday noon practices

_____ Wednesday after school practices (3:45-4:15, cancelled if weather is bad, an email will be sent the day before)

Parent Names: _____

Parent Emails: _____

_____ will be attending the Run for the Cure on Sunday October 2nd.

_____ 1 km race

_____ 5 km race

**Parents are responsible for transporting their child to and from the Run for the Cure, both teachers will be running in the race with the children.