

T/E Running Club
2015 Season

Dear Athletes and Parents,

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

The season begins on September 28 with a club meeting in the Large Group Room to begin at 2:45pm. The first official practice begins on September 30. We will meet in room 206 at 2:50pm ready to run.

COACHING OBJECTIVES:

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

Permission Slip:

All permission slips **MUST BE SIGNED AND SUBMITTED** by the 30th (the first day of practice). No permission slip=no run.

T/E Middle School Running Club 2015

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 Name: _____

Grade: _____

Student Signature

Parent 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>

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.