

Boys Running Club Information & Sign-up

What: Boys Running Club

Who: 3rd-5th Grade Boys

Where: Meet in Mr. Misha's Classroom (D2)

Days: Mondays and Wednesdays

January 28th through April 27th

Time: After School, 3:30-4:15

***Cost:** \$35 for one t-shirt

T-shirt cost will be billed to your CSN account.

5k registration **not included*



Running club members will:

- enjoy a small snack and drink
- play running games
- train for and compete in “Friends of Foster Children Sunshine 5K” (starts at CSN’s neighbor, the CCPS Admin building)
- practice self-discipline & sportsmanship
- practice healthy habits such as warming up, hydrating, and stretching

Most of all, running club members will have fun while trying to improve their stamina and cardiovascular health!

To become a member of the running club, please fill in all blank lines below, and ask your parents to initial it. Then **take a photo and email** this sheet to mmisha@communityschoolnaples.org as soon as possible.

Student **Promises:** Neatly print your initials next to each promise.

_____ I **promise** to work my very hardest during every club practice and I will never give up.

_____ I **promise** to give Mr. Misha my full attention and listen without interrupting.

_____ I **promise** to help other club members by encouraging and complimenting them.

_____ I **promise** to practice jogging at least 1 *extra* day per week for 15 minutes at home.

Student Name: Print your name on this line: _____

Circle T-Shirt Size: Youth SM Youth Med Youth LG Adult SM Adult Med Adult LG Adult XL
Additional t-shirts may be purchased for \$35 each. Cost will be billed to your CSN account.

Parent Initials: I give my child permission to participate in the Boys after-school running club: _____

FATHERS, if you are willing/able to help supervise and run with the boys during running club, write your phone number here: _____