

Welcome to Eagle Ridge Running Club 2018-2019!

Eagle Ridge PTA Running Club's purpose is to promote FUN, FITNESS, and FELLOWSHIP within our school community. Last season we had over 220 runners. We welcome returning runners and hopefully many new runners!

WHEN - Running Club will start September 25th 2018 and end April 30th 2019. There will be a break from mid-December to mid-February (see below). We will meet every Tuesday upon school dismissal at 3:15pm until 4:15pm **sharp**. Each grade will gather at a designated area within school, where volunteers will take attendance and escort everyone to the sports field behind the school building. Playing on the playground is **NOT** permitted - children must stay on the field at **ALL** times.

Tuesday, 09/25/18: First day of Running Club for school year
Tuesday, 12/04/18: Last day of Running Club before Winter break
Tuesday, 02/26/19: Running Club resumes
Tuesday, 04/30/19: Last day of Running Club for the school year
Tuesday, 05/14/19: Running Club award ceremony (tentative)

KINDERGARTEN AND 1ST GRADE - You or an authorized adult/guardian **MUST** be present on the field for the **entire** duration of each session. **THERE WILL BE NO EXCEPTIONS TO THIS RULE.** You will need to check yourself in with a volunteer prior to your child being permitted to run each week. This will be enforced. Please make sure you do not park where it will interfere with school dismissal. You are welcome to park in the cafeteria parking lot. Each Running Club session will end at 4:15pm, at which time we will release all runners to the parent/guardian that had previously checked in.

2ND GRADE – 4TH GRADE - Students in these grades are welcome to run by themselves; although we always love when parents (grandparents, younger siblings in strollers etc) join us! If your child has a younger sibling(s), we would love to have them participate as well. Just be sure to add them to the registration form and indicate "preschool."

CLOTHING - Your child will receive a Running Club T-shirt after registration. Please have him/her wear it for school on Tuesdays so that the teachers know where to send your child after school. It is also fun for the kids to spot other kids who are part of the club! For safety and comfort, each participant must also wear suitable clothing and sneakers. Please no open toe shoes.

WATER BOTTLE - Please have your child bring a water bottle every week. We advise that we have your child label it with their name. We will have a limited supply of water for those who forget; however, due to the large number of kids attending each week, there may not be enough water to hydrate every child. We will remind the kids to fill their bottles at the water fountain before they go outside.

COUNTING LAPS - Each runner will have their hand marked as he/she completes one lap around the playing field (5 field laps = 1 mile). At the end of each session, all of the marks will be counted and recorded. Depending on the number of laps completed, each child has the chance to collect tokens to display on their necklaces. We will have tokens for every 5-mile milestone reached, as well as a 26.2 miles (marathon) token.

BEHAVIOR - Every runner must behave in line with the Eagle Ridge expectations of a normal school day. Unacceptable behavior will not be tolerated. Students will receive two warnings along with a phone call home if they do not behave appropriately. This will be recorded and if there is a third incident, the child may be asked to stop attending Running Club. Cheating will also not be tolerated. If caught cheating for the first time, the runner

will receive 0 laps and a phone call home. If there was to be a second incident, the runner will be asked to stop attending Running Club. This is to ensure that all students enjoy their Running Club experience.

INCLEMENT WEATHER - The front office at school will be notified no later than 1:30pm if Running Club will **NOT** be held that day. Please contact the office at **817-744-6300** to find out the status. We will also send out an email and post on our Facebook page with updates. (Email will be used frequently for Running Club updates, information and reminders).

VOLUNTEERS - We **REALLY** do need volunteers every time we meet to make things run smoothly. The more the better! Please let us know if you would enjoy being a part of this rewarding role! We need enough volunteers to make Running Club safe, or we will have to cancel the Club. All volunteers need to be background checked. Please contact Stephanie or Anita if you are interested.

CONTACTS

Stephanie Smucker & Anita Kletvang

Running Club Co-Leads

Running_club@erepta.org

281-913-9371/ 703-627-5791