

St. Hubert School Run Club

The St. Hubert Run Club will run Thursdays for 7 weeks beginning Thursday April 15, 2010 and concluding May 27, 2010. The goal of the program is to introduce and teach students about running and its benefits. The students will be encouraged to set goals for themselves.

The Run Club is a self-paced program. Anyone, no matter how fast or slow can enjoy the benefits of a running program: the challenge, the improved fitness, and friendship. This club is for all students in grades K-8 who want to learn the benefits of a regular fitness program and the benefits of running.

Our first session will start on April 15th, at 4:00 pm in the Atrium and conclude on May 27th. Anyone who chooses to join should bring a water bottle and a piece of fresh fruit for the Thursday after school Run Club program. Also, everyone should be prepared to run outside. Students should be picked up at the Greeter table by 4:45 pm.

Once we have all the student registrations and parent volunteers, we will start forming the running groups. For further information or questions, please contact Denise Garcia at 952-934-6003 extension 313 or denise.garcia@sthubert.org.

To sign up, fill out this form and waiver. Return to school by Friday, April 9, 2010.

My child(ren) has/have permission to join the running club.

Name: _____ Grade/Teacher: _____

Name: _____ Grade/Teacher: _____

Name: _____ Grade/Teacher: _____

Medical Conditions: (please list condition & if medication is necessary)

Parent Signature: _____

Email Address: _____

Phone Number between 4:00 and 5:00 pm _____

Saint Hubert Run Club activities are supervised by adult volunteers whose primary concern is the safety of your child while involved in the activity. The school/parish does not, however, provide insurance or assume liability for injury received in the normal course of activity.

Your signature below indicates your acknowledgement of this provision.

PARENT/GUARDIAN SIGNATURE: _____

STUDENT SIGNATURE: _____

Parent Run Club Volunteer Registration

The Run Club is in need of volunteers on Thursdays from April 15 to May 27, 2010. We will run for 7 weeks from 4:00 to 4:45 pm. We need volunteers to coach/lead a group, run/walk assistants, water distribution, "man" the trail and record keeping. **The more volunteers we have the more efficiently the club will run and more students will be allowed to participate.** Group size will be approximately 10 students to one adult.

If you are interested in helping with the Run Club, please fill out the form below and return by Friday, April 9, 2010 to the school office in an envelope marked "Run Club".

Name: _____

Phone: _____

Email: _____

Please check all that apply:

- I am willing to lead a group at Run Club.
- I am willing to assist with a group.
- I am willing to "man" the trail.
- I am willing to assist with record keeping.
- I am willing to help with check in/check out.
- I willing to purchase water and cups for the water station.
- I am willing to "man" the water station at Rice Marsh park.

_____ Virtus Training complete

_____ Background check complete