

## Bay Harbor Running Club

Dear Parents:

- The Bay Harbor Running Club (BHRC) begins practice on **Tuesday, April 3rd**. Practice will start right after school and will end at 4:15.
- Runners are training to race in the Green Bay Cellcom 5K on Saturday, May 19<sup>th</sup> (please do not register for the Cellcom until further notice from the coaches).
- The Running Club will practice every **Tuesday** and **THURSDAY (NEW DAY- CHANGED FROM WEDNESDAY)** from **3:25 – 4:15** up through Saturday, May 19<sup>th</sup>.
- Students will meet by the playground doors to check in, wait for directions, and then begin stretching prior to running.
- The Running Club will be running on the sidewalks around Bay Harbor. Students will be leaving school grounds for the training runs.
- All runners must arrange for their own ride home and be picked up **promptly at 4:15 on the playground area.**
- Parents are always welcome to run with their student!
- **Mandatory** Parent Meeting on **April 3rd** immediately after the first practice at 4:15 in the Commons.

BHRC is organized around the activity of running, but the focus of the club is to promote the well-being of the child. The club will promote fitness and encourage sportsmanship and a positive mental attitude. Basic Techniques, skills and strategies of running will be taught as well as values related to the sport. Winning and losing, cooperation and consideration will be consistently discussed. BHRC has proven to be a rewarding experience for the parent coaches and the children involved. Please encourage and support your child in this effort. It is the expectation of the coaches that students will be running and not socializing during BHRC. Before consenting to your child's participation in BHRC, please review the guidelines that follow...

## **Bay Harbor Running Club Guidelines:**

1. Runners must check in and out of BHRC. Attendance will always be taken at the beginning and end of practice. No runner may be picked up while out on the course. All runs begin and end at the playground.
2. Although attendance is voluntary, too many missed practices will result in being dropped from the club.
3. Any runner dropping out of BHRV will not be permitted to rejoin this year.
4. No electronic devices (cell phones, ipads, video games, etc.) are allowed to be used during BHRC.
5. Parents wishing to watch their child is encouraged, but we'd rather you walk and/or jog with us.

Bay Harbor Running Club will be implementing an “incentive program”. Runners will be tracking their own mileage during running club and will be given a “foot charm” when they reach certain mileage goals. No “lost charms” will be replaced.

**IMPORTANT:** In order for your child to participate, you must complete and sign the Permission Slip and Code of Conduct. **Please turn in the Permission Slip and Code of Conduct no later than MONDAY, APRIL 2ND.** Your child will not be allowed to participate until we receive it. If you can volunteer, please fill out the volunteer section. If you have concerns or questions, please feel free to contact Molly Rindt at [molly.rindt@yahoo.com](mailto:molly.rindt@yahoo.com) or 920318-9133.

We look forward to working with your children during Bay Harbor Running Club this year!