

## Bay Harbor Running Club

Dear Parents:

- The Bay Harbor Running Club (BHRC) begins on April 7th. **Practice will end at 4pm on this day only because of Summer School sign-up.**
- Runners are training to race in the Green Bay Cellcom 5K on May 16 (Please do not register for the Cellcom until further notice from coaches).
- Running Club meets on Tuesdays and Thursday from 3:20-4:15pm.
- Running Club will only be offered to 2nd, 3rd, and 4th graders.
- Students will meet in the gym and check in with their squad, wait for directions, and then begin stretching prior to running.
- Running Club will be running on sidewalks around Bay Harbor. Students will be leaving school grounds for the training runs.
- Running Club continues until the Cellcom 5k on May 16.
- All runners must arrange for their own ride and be picked up **promptly at 4:15pm.**
- Parents are always welcome to run with their student!
- Mandatory **parent meeting on April 9** immediately after practice. Meeting will take place in the Bay Harbor 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 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. Students will be given a Behavior Ticket for any inappropriate behavior for violating the code of conduct. Three Behavior Tickets will result in being dropped from the club. Before consenting to your child's participation in BHRC please review the list of guidelines below.

### 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. Students receiving a third behavior ticket will be dismissed from Running Club.
4. Any runner dropping out of BHRC will not be permitted to rejoin this year.
5. No electronic devices (cell phones, iPods, video games, etc.) are allowed to be used during BHRC.
6. Parents wishing to watch their child are encouraged, but we'd rather you walked and/ or jogged 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 feet will be replaced.

In order for your child to participate, you must fill out and sign the permission slip and code of conduct on the next page. Please turn in the permission slip no later than Tuesday, March 24th. 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 Coach Carrie LaFrombois at [carrlafr@hssd.k12.wi.us](mailto:carrlafr@hssd.k12.wi.us) or 662-9831 or Coach Jessica Schneider at [jessschn@hssd.k12.wi.us](mailto:jessschn@hssd.k12.wi.us) or 622-8845. We look forward to working with your children during Bay Harbor Running Club this year!

Thank you in advance!

Coach Carrie LaFrombois  
Coach Jessica Schneider

**Bay Harbor Running Club Permission Slip**

My child (please print) \_\_\_\_\_, who is in \_\_\_\_\_ grade and \_\_\_\_\_ class, has my permission to participate in the Bay Harbor Running Club. I understand that I must provide transportation for my child. My child has the following medical condition that the coaches need to be aware of:

\_\_\_\_\_

**How is your child getting home???** Please circle one.

Parent Pick-Up, Champions, Walk/Ride Bike

Parent / Guardian Signature

\_\_\_\_\_

Parent / Guardian

Telephone number

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Parent e-mail (please write legibly). We use this for our communication.

\_\_\_\_\_

**\*\*Please see reverse side.**

**Bay Harbor Running Club Code of Conduct**

\*Please read and initial each guideline:

\_\_\_\_\_ 1. Runners must check in and out of Running Club. 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 a designated area. Coaches must be notified in advance of an absence or we will be calling to check on attendance.

\_\_\_\_\_ 2. Although running club is voluntary, too many missed practices will result in being dropped from the club.

\_\_\_\_\_ 3. Students receiving a third behavior ticket will be dismissed from running club.

\_\_\_\_\_ 4. Any runner dropping out of Running Club will not be permitted to rejoin that year.

\_\_\_\_\_ 5. No electronic devices (cell phones, ipods, video games, etc.) are allowed to be used during running club.

\_\_\_\_\_ 6. Running club is a school sponsored event. All runners must adhere to the school rules.

\_\_\_\_\_ 7. Runners must follow the "rules of the road" while running the course. These rules will be reviewed at practice before each run.

I have read the Bay Harbor Running Club information and initialed the guidelines. My child and I understand that inappropriate behavior will not be tolerated and will result in the dismissal from the club for the remainder of the season.

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(Parent Signature)

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(Runner's signature)

### **Ways to volunteer**

To make running club a success, we rely on parent volunteers. We need help in the following areas. If you can help please sign up and we will get in touch with you when help is needed.

\_\_\_\_\_ **Crossing guard** Responsibility is to stand at intersections and direct traffic.

\_\_\_\_\_ **Make and distribute Gatorade** (Gatorade will be provided) Responsibility is to mix the Gatorade and pour it into cups. Must be ready by 4:00 for when our runners return from the longer runs.

**\*\*\*Please turn into the library by Tuesday, March 24th\*\*\***