



SMG Run Club

Open to all grades PreK4-8th



Mission:

To have the children experience running and walking as forms of exercise that can last a lifetime through positive reinforcement and good habits. In keeping with Catholic Social Teachings, we commit our service to our community by participating in running events that benefit those in need, as well as preserving God's creations.

Run Club Schedule:

Running Club will meet on the following Thursdays, from 3:30-4:15 pm (weather permitting).

Nov. 7, 21, Dec. 5, 12, Jan. 16, 23, Feb. 6, 13, 20, Mar. 5, 19, 26, April 2, 23, 30, May 7, 14

A COMPLETED SIGNED FORM BY THE STUDENT AND PARENT MUST BE SUBMITTED TO THE SCHOOL BEFORE THEY ARE ALLOWED TO PARTICIPATE.

Goals:

- To develop the mind, body, and soul of all participants by:
 - o Praying before each workout
 - o Learning proper warm-up and stretching exercises
 - o Developing good cardio habits
 - o Building endurance
 - o Building relationships and learn to encourage each other
 - o Participating in 2 -3 local community races *see box below*
 - o Having FUN!

Coaches' Expectations:

Children should arrive on time (on the field by 3:30) and come prepared with:

- A good attitude to give 100% effort
- No Horseplay
- Running/Athletic Shoes (VERY IMPORTANT)
- Dressed in their change of clothes, if desired
- Water bottle

What to expect from the Coaches:

To assist participants in setting mental, physical, and moral goals:

- To teach students the proper way to maintain healthy habits by leading students in warm-up activities prior to running/walking and stretching after running/walking
- To foster a sense of community by running or walking with the children and encourage them to meet their potential
- To set a good running/walking example by having an attitude of faith and hope
- To chart each student's progress and provide mileage awards

Parents:

Please take some time to talk to your child about what they want out of running club. (Example: to build endurance, to become a faster runner, social time with friends, etc.) Please also be sure to advise coaches of any injuries or potential injuries or health issues. Parents are ALWAYS welcome to join us to exercise with your child/children. You can also earn service hours by assisting us with signing children in and out, keeping track of children's laps and logging their mileage totals.

Coaches:

Mrs. Gutierrez egutierrez@smgschool.org

Ms. Meurer mmeurer@smgschool.org

*Participation in these races is optional and registration fees will be the responsibility of the parent/guardian.