



Stewarts Creek Elementary Running Club

Mission Statement:

The SCE Running Club is composed of 3-5 grade students who want to have fun exercising and staying fit while giving back to the community

Officer Nelson and I are excited to begin our fourth year of running club. We believe that this year is going to be great! As with any program we continue to learn a lot. There will be some changes for 2016-2017.

1. Practices are only Tuesdays and Thursdays and end at 4:00. All students will have to have been picked up no later than 4:10. Students not picked up by this time on three occasions will be dropped from the club.
2. This is a **running** club. All students, grades 3-5, are welcome to participate, but, must follow the regimen and workouts to the best of their abilities. Those unwilling to follow the directions, or who simply view this as extended play time, or free babysitting will be dropped from the club.
3. As this is a voluntary activity (for both the sponsors and the students) misbehavior will not be tolerated and students disrupting or disrespecting others will be dropped from the club.
4. Club members must participate in practices or they will be dropped. A maximum of twelve absences per year is allowed. Members who exceed twelve absences will be dropped.
5. If a student wishes to quit we require an email to remove them from our roster. Students who leave without notification will not be permitted to participate in any further club activities.

The following forms must be received prior to participation. These forms are available online at <http://scerunning.weebly.com/>

- Parental Waiver and Consent Waiver
- Personal Information sheet
- SCE Club Rules
- Personal Affidavit in lieu of School Insurance (notarized)
- Emergency Treatment
- Participant Physical Evaluation History Form
- Participant Physical Evaluation History Form (Special Needs)*
- Preparticipation Physical Evaluation Physical Evaluation Form
- Preparticipation Physical Evaluation Physical Evaluation Clearance Form

These forms must be completed and received no later than September 15th. Our first practice is scheduled for September 20th immediately after school.

Thank you for your interest. If you

have any questions feel free to contact us at bawcoml@rcschools.net or nelsonke@rcschools.net