



Running Spartans

We would like to start a Running Club here at St. Paul Catholic School. Our purpose is to promote physical activity and a healthy lifestyle. The program offers the opportunity to:

- Improve running knowledge
- Participate in running events
- Meet other students in the school and community!

The club is also designed to be a self-esteem builder, giving the students a feeling of success when they finish a race and challenging them to improve on their personal times for future events.

We would like to have a group for the 2nd through 5th graders on Mondays and a group for the 6th through 8th graders on Tuesdays (parents are welcome to attend). Two days will depend on the number of registration forms received.

The clubs will:

- Begin on September 29, 30, 2014
- Meet from 3 pm to 4 pm
- Club will meet rain or shine (an indoor activity will be planned if it is raining)
- Attendance will be taken
- Runners will then, stretch, run/walk, cool down
- Water bottle is strongly recommended.

It is important for students and parents to remember this is a privilege and honor. Students must maintain both academic and behavioral responsibilities. Report cards will be checked. B's or better is expected.

As a team (wearing school shirts) we will be attending local 5k runs. Information will be sent covering each run. Entrance fee for each run will vary between \$10 and \$25 dollars. We encourage both students and parents to run. Parents will need to provide transportation to and from races. Information regarding the school t-shirt to be worn will come home after the club has finalized registration.

We look forward to having your children in our running club, and hope that together we can make this a fun and successful experience. For more information, please feel free to contact me at juddp@stpaulcatholic.net.

Mr. Pat Judd

PE/ Running Spartan Coach