

## SLS Youth Running Club

We are excited to introduce the first St Luke School Youth Running Club for students in grades 1-4. The program will provide students the opportunity to learn appropriate running form and etiquette in a fun and spirited atmosphere.

Running Club members will participate in 8 sessions this spring:

March 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>; April 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

Each practice session will begin at 3:15 and conclude at 4:00 PM. All running club members will be escorted from classrooms to the St. Luke gym for each session. Each child should wear running shoes and athletic shorts and shirt for practice. Water and Gatorade will be provided.

Practice sessions will be conducted in the St Luke Gym, and the children will be encouraged throughout the season with running games and mileage tokens. The season will conclude with a timed Fun Run on April 27<sup>th</sup>.

The participation fee for St. Luke Running Club is \$25 per child. The fee covers the cost of a running shirt and training equipment for the club. Additionally, an athletic waiver is required for each child participating.

The waivers may be found under "Athletics...Forms" on the website.

Please register for participation in the SLS youth Running Club online:

<https://payit.nelnet.net/form/wCbi3ggt>

The registration deadline is February 15<sup>th</sup>

Please contact me with any questions, [jmilner@stlukeum.com](mailto:jmilner@stlukeum.com)

Sincerely,

Coach Milner