

February 2016

Dear Meadow Ridge Parents and Students,

"Fit for Bloomsday...Fit for Life" training will begin **Monday, February 29**. We will meet each week on Mondays and Thursdays. We will take a two week break during conference week and spring break. We will continue on Mondays and Thursdays until Bloomsday, Sunday May 1st.

We will meet at 3:15 in the school cafeteria to take attendance, share fitness and nutrition tips, take a warm up lap in the school and a quick stretch before training. This is also a time for students to have a light snack. Students will need a ride home each night. Parents need to be here at **4:45**, or before, for pick up.

This training program is open to runners and fast walkers in 4th-6th grades. Parents are encouraged to join the training - regardless of one's pace. Since most of the training will take place on the streets near school, we would appreciate as much parent visibility and participation as possible. A parent chaperone is required for participants below 4th grade. We are even happy to have non-walkers to help mark progress for the kids. A map of the route and safety guidelines will come home with your child after our first meeting.

Participants need to wear appropriate clothing for our training sessions. Layered clothing works best - **hat, light gloves, sweats and especially proper tennis shoes...no flip flops!** For the comfort and safety of everyone, we ask that parents be sure their children are prepared or they will be asked not to stay that day. We will stretch and do circuit training indoors if weather doesn't permit an outdoor session. The coaches will decide each day so participants should always be prepared with proper attire and a **water bottle** clearly marked with a name for each session. They may want to have a gym bag packed with these things to be sure they have them. Safety comes first, so it is imperative for all participants to follow safety guidelines and behavioral expectations.

Our goals are to encourage regular physical exercise, promote a healthy lifestyle and work toward achieving fitness goals. These goals include the tracking of mileage, training time and confidently completing, Bloomsday, Race for the Cure and other local running events at a comfortable pace. We welcome all students who wish to train with us regardless of whether or not they are participating in any races.

All interested participants, please return the form on the back of this page to the school office by the morning of Friday, Feb. 26. **Children will not be allowed to stay the first day without a written permission slip and signed student contract.** If you have more than one child participating, please list names at the bottom on the back side. We will send an additional form home with them the first day. If you have any questions regarding the program, please e-mail one of us.

Thank you,

Your Fit for Bloomsday coaches:

Missy Graef

melissa.graef@mead354.org

Shannon Dennis

shannon.dennis@mead354.org



I approve my child's participation in the Fit for Bloomsday...Fit for Life training at Meadow Ridge. I will assume financial responsibilities not covered by my child's insurance for injuries that may occur while training. I give my permission for emergency treatment of injury by a physician or hospital designated by the school. I will review the safety expectations and route with my child on the first day of training. I understand I am responsible for being at Meadow Ridge at the 4:45 ending time to transport my child home.

Student Name _____ grade level _____ Teacher _____

Health concerns/asthma/ allergies _____

Parent signature _____ phone contact _____

Emergency contact (other than the number above) _____

Physician _____ Physician phone _____

Parent:

_____ I am able to participate (as a parent volunteer) on the days circled: M Th

_____ I can (circle): walk run provide help with progress any of these

_____ I know a corporate sponsor who may be able to donate incentives.

Student:

I am able to participate on: Mondays Thursdays both

Student Contract:

I understand that participation in the Fit for Bloomsday Club is contingent on my willingness to follow the safety and behavioral expectations of my coaches and other adults involved in the program. I also understand that I need to remind my parents to pick me up promptly at 4:45 on Mondays and Thursdays. Failure to do these things will mean I am no longer able to participate and my parents will be notified.

I understand I need to leave my classroom with the rest of my class after school and meet in the cafeteria. I will have proper running attire and a water bottle for my health and safety. If I am not prepared, I understand I can not participate that day and I will need to notify my parents and not stay at school for practice that day.

Student Signature _____