

St. Joseph Catholic School

Run/Walk Club

The St. Joseph Run/Walk Club is hosting 2017-2018 registration. We will meet on Thursdays, starting October 4 and continue through April 26. The club is open to **ALL** St. Joseph students. However, students in Pre-K through 4th grade **may only** participate if accompanied by a parent or an adult guardian. Parents are required to designate who will supervise their children in advance. This policy is strictly enforced for your child's safety. Children who don't have an adult present will be sent to Extended Day. Younger siblings not attending St. Joseph are also invited to participate but must follow the same rules.

The purpose of the club is to promote fitness and enjoyment through running or walking laps around a set course. This is also a great time for parents to fit in their exercise with their children. We advise all participants to bring a water bottle for hydration purposes. Special awards are given at various increments. These awards include mileage tokens, t-shirts, and medals. Awards achieved will be given out each week prior to practice.

After being released from their classrooms, students will meet on Thursdays no later than 3:10pm in the courtyard. All parents with children in Pre-K through 4th must meet their children in the courtyard no later than 3:10pm.

I will allow for 45 minutes of Run/Walk. Dismissal time is no later than 4:15pm. Students need to be picked up promptly at the gates of Point "A" area. If there is inclement weather, the club will be cancelled prior to school dismissal and you will be notified via your email listed on this form. It is very important to keep this current with me throughout the year. We will meet if there is only light rain.

Any interested students who wish to join the Run/Walk Club must fill out the permission slip below and return it to St. Joseph's office in care of Coach Jack Frost (no later than Sept. 25). **Students may begin to participate anytime throughout the year provided a completed permission slip is turned in 1 week prior to attendance.**

We will need parent volunteers to help run the program. Volunteers must be cleared through school office per volunteer school requirements. Anyone interested in assisting us this year, please indicate below. Volunteer positions include lap counters and helping supervise the children during run/walk. Your help is greatly appreciated.

There will be a \$10 entry fee for each student or \$20 per family attending run/walk. This will help offset the cost of our end of the year award party and cost expenditures throughout the year to run the club. Please make checks payable to St. Joseph Catholic School and include with the registration form.

Sincerely,
Jack Frost
Redsfan64@bellsouth.net
904-612-7223

Permission slip must be returned no later than September 25, 2017, or 1 week prior to attendance. PLEASE BE SURE TO ACCURATELY AND LEGIBLY COMPLETE REGISTRATION. (1 PER FAMILY)

Student(s) Name: _____

Grade(s): _____ Telephone: _____

E-mail: **(Print legibly)** _____

Pre-K through 4th grade designated parent/guardian _____

Able to Volunteer: **(Must meet volunteer requirements)** Yes _____ No _____

Award T-shirt size(s): (circle) Youth: S/M/L Adult: S/M/L **(please keep current throughout the year)**

Please include the registration fees with permission slip: **Total fees included** _____

Parent **printed** name: _____ Date _____

2017-2018 Season

To: Run/Walk Club Parents

From: Jack Frost, Run/Walk Club Coordinator.

Subject: Run/Walk Club Guidelines

The club is formed to help keep our children exercised and healthy. We will meet weekly, the children will run laps, and we will keep track of their laps on attached index cards. The club will meet on Thursdays from 3:10pm to 4:15pm starting October 5 through April 26, excluding the following school holiday dates: October 12, November 23, December 21 & 28, March 28 & April 05. We will meet if there is only light rain. If there is inclement weather, the club will be cancelled prior to school dismissal, and you will be notified via email. Please provide your email contact legibly on the registration form and update throughout the year if necessary. Upon release from class, the children will change into their shorts, t-shirts, and running shoes. **Students will not be permitted to run/walk without running attire!** Please help to remind them. Then, your child will proceed to the school courtyard where we will distribute the index punch cards to keep track of our laps. At 3:10pm we will move to the back fields for announcements and a short stretch out. We will run/walk on the outer perimeter of the soccer and softball fields.

Parents/guardians with children in grades PK through 4th grade must meet their children in the school courtyard no later than 3:10pm. **The parents/guardians must be approved by the school office and meet the volunteer requirements. This policy will be strictly enforced for your child's safety.** It is truly a privilege to be a part of the Run/Walk Club at St. Joseph. All children should follow all of the school rules while attending. If for any reason the rules are not followed, this privilege will be taken away. Run/Walk will end between 4:00-4:15pm depending on our start time of 45 minutes of continuous run/walk and all children must be picked up no later than 4:15pm or they will go to extended day. I encourage parents, even if their children are only able to attend part of the time period, to still come. Exercising part of the time is better than not at all. I would also like to extend a welcome to younger siblings to sign up and participate with the students as well. It's never too early to start to exercise!

The Florida Striders Track Club from Clay County is a great supporter of school run/walk programs throughout Clay, St. Johns and Duval Counties. The Florida Striders Track Club will provide us with great incentives and awards for the children's hard work throughout the season. With these awards, I believe we can strive to keep them motivated and fit. I will post your children's mileage progress on a spreadsheet to be displayed on a table at each Run/Walk. With everyone's support, I think we can have a great year of Run/Walk Club. Throughout the year, the Run/Walk Club will be attending fun runs and running meets on the weekends. All of these runs will be posted on the school website. I encourage you to attend these events. This will give your children the opportunity to take part in group competitions and also give the team an opportunity to win money for our participation at some of the events. **There will be a \$10 per child or \$20 per family entry fee to help offset the cost of the end of the year award party and all costs associated with running the club throughout the year. Please make checks payable to St. Joseph and include with the registration form.**

We will be selling St. Joseph Run/Walk Club t-shirts. The price for these shirts will be \$11 each. We will be placing a one-time order. I will have the order forms available the first week of practice, and they will also be available on the school website under Run/Walk Club. The order form will need to be returned to the school office in care of Jack Frost no later than **October 19**. These shirts are optional but will use these t-shirts for practice and for our local fun runs throughout the year to show our school spirit! Parents and friends will be able to purchase them as well. I look forward to meeting all of you and your children at the start of Run/Walk Club on October 5. Thank you for your support in advance. If I can answer any questions, feel free to call me at 904-612-7223.

Thank you,
Jack Frost
Run/Walk Club Coordinator

EXPLANATION OF RUN/WALK AWARDS:

Large Toe Token and chain: Given at first 10 miles completed

Small Toe Token: Given every 10 miles thereafter

75 Mile Token: Given at 75 miles

125 Mile Token: Given at 125 miles

50 Mile Club T-shirt: Given at first 50 miles

100 Mile Club T-shirt: Given at first 100 miles

150 Mile Club T-shirt: Given at first 150 miles

200 Mile Club T-shirt: Given at first 200 miles

250 Mile Club T-shirt: Given at first 250 miles

300 Mile Club T-shirt: Given at first 300 miles

350 Mile Club Plus T-shirt: Given at the end of the year award party for those who accumulate over 350 miles given in every 50 mile increment after 300 miles.

100 Mile Club Trophy: Given to each runner who completes 100 miles in one season.

26 Mile Marathon Medal: Must complete 26 miles in one season.

Top Mileage Medal Awards: Given to each boy and girl for most miles in each grade.

Participation Ribbon and Certificate: Must participate in 6 or more Run/Walk Club meetings.

(All mileage awards are accumulative and carried over from year to year except for the 26 mile marathon medal and 100 mile club trophy.)

End of the Year Party: to include lots of food, dessert and prizes.