



3rd and 4th Grade
Sierra Bonita
Running Club

Every **Wednesday** in April and May
Starts April 12

Starts **right** after school and goes until **3:45 pm**

We will:

- Warm Up, Run/Cardio Activities, Cool Down
- Learn tips and tricks to becoming a better runner!

BRING A GOOD PAIR OF RUNNING SHOES
AND A WATERBOTTLE!

If you'd like to join, see Miss Froerer or the
office for a permission slip!
*Due March 31st *



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Sierra Bonita Elementary

Home of the Bears

Garrett Andersen - Principal
Dana Becker - Facilitator
Amy Mafi - Secretary
Tiffany Manwaring - Asst. Sec.

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When:

We will:

- | | |
|--|---|
| <ul style="list-style-type: none"> <input type="radio"/> Every Wednesday in April and May <input type="radio"/> Starts <u>right</u> after school and goes until <u>3:45 pm</u> | <ul style="list-style-type: none"> <input type="radio"/> Warm Up, Run/Cardio Activities, Cool Down <input type="radio"/> Learn tips and tricks to becoming a better runner! |
|--|---|

BRING A GOOD PAIR OF RUNNING SHOES AND A WATER BOTTLE!

By signing this form I understand and agree:

- I will arrange appropriate means for my child to be picked up at *promptly* 3:45 pm.
- My student will be responsible and respectful.
- Nebo School District does not carry any medical insurance coverage relative to the activity.
- My student will wear appropriate attire for running.
- In case of inclement weather, practice will be cancelled.

The first practice will be Wednesday, April 12th

Meet in Miss Froerer's room

Please keep top portion for your records. Return the bottom by Friday March 31st to Miss Froerer (libby.froerer@nebo.edu) or the front office.

I understand and agree to this form. I also give my student permission to participate in the Sierra Bonita Running Club.

Students name: _____ Date: _____

Parents name (print): _____

Parent Signature: _____