



Sierra Bonita Elementary

Home of the Bears

Garrett Andersen - Principal
Dana Beckett - Facilitator
Amy Maffi - Secretary
Tiffany Manwaring - Asst. Sec.

5th and 6th Grade Sierra Bonita Running Club

When:

We will:

- | | |
|---|---|
| <ul style="list-style-type: none"> <input type="radio"/> Every Thursday 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! |
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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 Thursday, April 13th

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: _____