

# Mighty Miler's Club PERMISSION SLIP

Dear Parents,

Please return this form **A.S.A.P.** for your child to participate in the Mighty Milers Running/Walking Club. The Mighty Milers Club will start after school on Wednesdays, beginning on 9/21/16 and ending 11/16/16(weather permitting). **No Miler's on October 19th and November 2nd due to MEA/conferences.** Students can be picked up from 4:00-4:15 p.m. at the lower campus soccer field unless we send a change via email. Please make sure that your child has **weather appropriate clothing and a water bottle** on Wednesdays. In the event of heavy rain, the Mighty Milers Club may be cancelled. You will be notified by email/text/phone call when Milers Club is cancelled. Please make sure to pick up your child on time, and to give the contact number of the phone where you can be reached during Mighty Milers Club time.

**This Fall, there will be a cost to the club to help with snacks, charms, and party. The cost will be \$20 per student.** If you have financial concerns, please contact me and we can work things out. Any snack donations are still welcome!

**\*\*Please note that this year we will NOT be providing water and your child will need to bring a full water bottle each week!**

Student Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Health Concerns: Please list any health concerns, such as asthma, allergies to food, allergies to insects or special concerns:

\_\_\_\_\_

Parent Name(s): \_\_\_\_\_

Preferred Method of contact:

Text \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_ I am available to help weekly

\_\_\_\_ I am available to help occasionally (please indicate dates)

\_\_\_\_ I can provide snacks

## **SLC Running and Walking Club!**

A group of SLC staff are starting the Mighty Milers Club at Schoolcraft! The Milers Club will be an after school running and walking club for students in grades K-8. Parent volunteers and staff members will help students set running and walking goals, and will track the students' weekly mileage. The Mighty Milers Club is associated with the NY Road Runners Club. For more information, go to: <http://www.nyrr.org/youth-and-schools/mighty-milers/program-details>

### **Goals:**

To provide students with weekly fun fitness activities on campus. Students will practice goal setting and will track their running and walking mileage.

### **Schedule and Communication:**

Students will meet at the lower campus soccer field after school each Wednesday, and will be picked up by parents between 4:00 and 4:15. Any changes to the schedule will be emailed or texted to parents. On rainy days, we may cancel, so parents should stay tuned for updates via email. Please make sure to provide us with the best number to reach you on Wednesdays during club time, and let us know how you would like to receive club notifications.

### **Fees:**

\*\*\*We are asking parents to pay a club fee this Fall. If there are financial concerns, please let me know!\*\*\*

### **Health:**

Please make us aware of any special health considerations for your child. If your son/daughter uses an inhaler for asthma or an epi-pen for insect/food allergies, please include that information on the registration form.

### **Clothing and Gear:**

Students do not need fancy fitness gear for the club. The following items will be essential:

- Water bottle
- Hat or sunscreen for sunny days
- Weather appropriate running gear. This may include: shorts, track pants, sweats, hat, gloves, t-shirts and running shoes.
- A plastic shopping bag to store wet/muddy gear.

!

### **Weather and Insects:**

After Milers Club, your child's gear may be muddy or wet. Consider bringing a plastic shopping bag to store their gear after the club. Also, make sure that your child's running gear will be easy to wash! When it warms up, it will be essential that the students are checked for ticks after the club, as our campus is a tick-rich environment. Please make sure that your child brushes off any exposed skin, and that you check under their sock lines and in their head before bedtime.

### **Volunteers Needed:**

Parents who would like to walk or run with the students are welcome to attend! Please indicate which days you can volunteer on the Milers Club form.

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