**Running Club 2021**

Dear Parents / Guardians,

Running Club is back for 2021. There is no cost to be involved with Running Club and students will receive training in the fundamentals of running a variety of distances through participation in games, skills and drills. Above all students will be encouraged to have fun and hopefully discover a love of running while building their skills and passion for sport.

At Running Club, students will be encouraged to **“run the race at their own pace”** and “enjoy the journey along the way”. It is hoped that Running Club will allow students to feel a sense of community and gain insight into what it takes to train well while developing an understanding of how running can be a part of their journey towards being participants in lifelong physical activity.

This year, Running Club will be structured as follows:

**Years 3 to 6**

**When - Start:** Friday mornings beginning Week 3 (12/02/2021)

 **Finish:** Friday Week 10 Term 2 (25/6/2021)

 **Time:** 8:30am - 9:00am

**Kindergarten to Year 2**

**When -** Thursday mornings beginning Week 4 (19/02/2021)

**Time -** 8:30am - 9:00am

Both groups will need to wear appropriate clothing (including hat) and footwear to run in. They should also bring a water bottle, school clothes to change into and any required medication.

**Students will need to ensure they have returned their note in order to participate**.

**Other important details:**

* Sessions will be held at school
* At the completion of each session students will be taken to the school toilets to change.
* In the event of wet weather an announcement will be made on Facebook or via the Skoolbag app. If the decision is made to cancel during a session, your child will be supervised undercover until 9am.

**Fun Runs:**

The mission of Running Club is to encourage students and families to develop a love of running through participation in various fun runs, such as The Sutherland to Surf. The main focus of the 3-6 group is to build stamina and endurance for long distance running in order to participate in the Sutherland to Surf. This is not compulsory for students to attend, information will come home closer to the date with all the necessary information. We believe participation in this event will create a sense of community and achievement, knowing that they have covered an amazing course and distance.

Mr Eamonn Kenny, Mr Dylan Turner and Mr Elliott McKimm Mr Trent Bridgland

**Running Club Coordinators** **Principal**

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**Running Club Permission Return Page**

I (parent/guardian’s names)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_give permission

for my child\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_class\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to join the Cronulla Public School Running Club. Indicate the session they are attending in the boxes below.

|  |  |
| --- | --- |
| Thursday Years K-2 session | Friday Years 3- 6 session |
|  |  |

We understand all the important details associated with the club.

Please list any medical conditions that your child has and treatment options:

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Signed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_