

Details		What is needed
Dates	<ul style="list-style-type: none"> ∞ Meeting once per week on Fridays starting January 13, 2012. ∞ Meet twice per week on Fridays and Mondays starting March 12th (Monday meetings will begin after floor hockey finishes). ∞ The running club meetings will end when Manoa Track practices begin in April. 	Comfortable clothes
Times	<ul style="list-style-type: none"> ∞ Children report directly to the gym at dismissal. ∞ Running club will end 4:15 p.m. ∞ Prompt pickup is outside the gym doors at 4:15 p.m.. Please make sure you and your child know their dismissal plan <u>ahead of time</u> (for example: if they will be picked up or going home with another child/parent , going back to aftercare, walking home, etc.) 	Sneakers
Where	<ul style="list-style-type: none"> ∞ Manoa Gym 	
Who	<ul style="list-style-type: none"> ∞ All Fourth and Fifth grade children are invited to join the running club. This is a co-ed club. 	
Notes	<ul style="list-style-type: none"> ∞ Full schedule will be communicated after signup. ∞ Please check the schedule to see when your child should attend running club. ∞ Schedule depends on the number of children signed up. ∞ Please provide an email address and/or phone for communications; email is preferred. ∞ There will be parent volunteers in attendance at the running club. ∞ No food or drink is allowed in the gym. The water fountains are available for our uses so please do not send water bottles. If your child needs a snack before running club starts, please tell them to eat in the hallway outside the gym prior to entry. ∞ Questions or if you would like to be a parent volunteer (no running experience required): please email Sue Mann (smann225@comcast.net), Mo Gannon(mo_gannon10@yahoo.com), Chris Barnes (kenmore6@verizon.net) or Liz Timoney (liztimoney@gmail.com) 	

----- Cut here (return this bottom portion to your child's homeroom by January 6th) -----

Emergency Information

In case of emergency, please contact:

Name/Relationship

Phone Number (reached between 3:30 and 4:15 p.m.)

Special Instructions:

Student's Name: _____

Homeroom: _____

Parent email/phone: _____

Parent/Guardian Signature: _____

Permission for _____ to participate in the Manoa Running Club.

