

# HCCPS Running Club 2014



Running Club is open to students in the 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grades at HCCPS. During our season we run for fun, speed and endurance. We also focus on goal setting and creating ways to get to our goals. During practice we do a variety of games, drills, relays and runs on fields, roads and trails that help us to reach our goals. We are looking to build a positive and motivated team that encourages everyone to do their best!

Practices and most meets are held on Tuesday and Fridays from 3:00 PM – 5:00 PM starting September 16, October and early November. We are a “challenge by choice” team in which the runners may choose and are encouraged to participate in a few cross-country meets. Dates and times of meets will be forthcoming. **Please note: only 5<sup>th</sup>-8<sup>th</sup> grade runners are allowed to compete in meets.**

Practice and sign out/pick up will meet in the all school space and from there practice locations will vary from industrial parkway, the bike path, and in the parking lot behind the school. We rarely cancel practice and we will run in the rain and cold, so please dress for the weather. We will not run if thunderstorms threaten. If we cancel, we will email parents by noon of the practice day.

## EQUIPMENT NEEDED:

- running shoes that fit well (NO street sneakers-converse, etc. If you have questions on what shoes are appropriate, please do not hesitate to ask!)
- socks (extras are encouraged)
- loose fitting shorts or sweats (no jeans, tight shorts, or other long pants)
- t-shirt (Hilltown uniform tshirt or team colors only)
- water bottle
- optional: stopwatch, cap, running flats/spikes (if bringing spikes PLEASE bring sneakers as well)

## RUNNING CLUB MEMBER RULES:

- Come to practice on time and dressed appropriately
- Follow directions and safety precautions given by your coaches during all Club activities
- Treat team members, coaches, volunteers and yourself with respect, in accordance with the school's Community Compact
- In the event of illness, injury or planned absence, notify *before* practice at 3:00 PM

To participate in the club, students must sign an agreement and parents must sign a permission form and contribute a \$60 activity fee payable to HCCPS. The fee is waived for students participating in the free/reduced lunch program. Parents, please consider doing some of your volunteer hours at practices and meets.

Happy running!

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