

LOMA LINDA ACADEMY

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Run Club Season 4 (2018)

We are so thankful that Garden Pediatrics has agreed to sponsor a third season of Run Club! This provides our students an opportunity to exercise and be a part of the greater running community.

Why: To help students be healthy and have fun exercising

Who can participate: LLE students in grades Kindergarten through 6th Grade

When is the season: The season runs from February 9 to May 3, 2018

How is it structured: Our meeting times are changing this year. We will be meeting Wednesdays and Fridays. On Wednesdays, we'll be meeting at the lower parking lot at Hulda Crooks Park from 4-5pm. We will do trail running on Wednesdays. After time changes, we'll probably meet a little later. On Fridays, we'll be meeting at the East end basketball courts (this is on the 3rd-6th grade playground) from 12:30-1:30pm. We will do running drills and education and shorter runs on Fridays.

Curriculum: We follow a curriculum called "Just Run!" established by the Big Sur International Marathon's Youth Fitness Program.

Goal: As a group, we train to run the PossAbilities 5k on April 29, 2018.

Cost: \$35 per student

Shoes: To avoid injuries, students who do not wear proper running shoes will not be allowed to run.

Required Parent Orientation: Wednesday, January 31, 2018 from 5:30-6:30pm in the Elementary Library.

Parent involvement: Student safety is of utmost importance. This requires substantial adult supervision. Therefore, if your child registers for Run Club, a parent is required to participate throughout the season. There are a variety of ways and times in which to do so, and not all of them include running. These are outlined later. If you would like to register your child and it is not possible for you to participate, please contact Clayton Koh, at ckoh@lla.org.

The amount of students who can register depends on how many adults we have to supervise. We will time-stamp registration forms as they come in. We will notify you once we have the roster finalized. Please fill out a separate registration form for each child participating.

Registration opens today! To register, please bring your completed registration form, signed consent form, and \$35 to the Elementary Office. Make checks payable to: Loma Linda Academy. Registration includes entry to the PossAbilities 5K run and covers other run club expenses. One run club shirt is provided by the club sponsor, Garden Pediatrics. Additional shirts for children or adults are available at an additional charge.

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LLA Run Club Registration Form

Please fill out the information below for each child participating

Student's Name: _____

Student's Teacher: _____ Student's Grade: _____

Please list appropriate contact information below so we can communicate with you throughout the running season.

	Parent / Guardian 1	Parent / Guardian 2
Name		
E-mail		
Mobile #		

OPTIONAL AUTHORIZATION: I authorize my child to participate in outdoor training runs with Run Club even in the event of rain, wind, or other inclement weather, as deemed safe by run club and school administration. Initials: _____

VOLUNTEER OPPORTUNITIES (REQUIRED)

Please check all of the parent volunteer opportunities that you would be able to help with. We will assign a specific schedule once registration is complete. Parent participation is required for a minimum of four (4) activities/dates per child participating, unless other arrangements have been made.

- _____ Gathering students from bleachers after school*
 - _____ Wednesday afternoon runs; Comfortable Pace: _____/min
 - _____ Wednesday afternoon run monitoring / support*
 - _____ Friday afternoon runs; Comfortable Pace: _____/min
 - _____ Friday afternoon classroom supervision*
 - _____ Monitoring pickup on Friday afternoons (for younger and older groups)*
- * for parents who prefer not to run

Run Club Volunteer Dates: Circle all that a parent/guardian is available.

Wed.	Fri.	Wed.	Fri.
	Feb 9	Mar 21	Mar 23
Feb 14	Feb 16	Apr 4	Apr 6
Feb 21	Feb 23	Apr 11	Apr 13
Feb 28	Mar 2	Apr 18	Apr 20
Mar 7	Mar 9	Apr 25	Apr 27
Mar 14	Mar 16	May 2	

I give permission for my child to join the LLA Run Club. **I understand a parent is required to attend the parent orientation on Wed., January 31, 2018 from 5:30-6:30pm in the Elementary Library.**

Parent / Guardian Signature: _____ Date: _____

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Run Club Consent Form

NAME OF CHILD: _____

NAME OF PARENT: _____

I understand the arrangements and give permission for my child to attend. I also agree to indemnify and hold harmless the Loma Linda Academy, Southeastern California Conference and Association of Seventh-day Adventist, and sponsors from liability arising from any accident or injury occurring during this activity. This specifically includes injury arising from negligence on the part of those mentioned above. This recognizes a shared responsibility between school, student, and home. This does not include gross negligence on the part of those mentioned above. ***This does not waive coverage within the policy limits of student accident insurance which covers school sponsored activities.***

* _____
SIGNATURE OF PARENT/GUARDIAN

DATE

In the event of sudden illness or accident requiring attention, my child has permission to obtain emergency medical treatment.

I, _____ (Name of Parent) can be reached at

_____ (Phone number)

Please indicate any medical problems, allergies, medications _____

My child should carry an epi-pen on runs: Yes _____ No _____

My child should carry an inhaler on runs: Yes _____ No _____

* _____
SIGNATURE OF PARENT/GUARDIAN

DATE

Dismissal will be at the following times:

Wednesdays at 5:00-5:15pm

Fridays at 1:30-1:45 pm

I understand that if I do not pick up my child within this range, s/he will be sent to Kids' U and normal rates will apply. On the reverse side, please indicate any people who are authorized to pick up your child after Run Club.

I understand that students must meet attendance and behavior standards in order to participate and stay on Run Club.

* _____
SIGNATURE OF PARENT/GUARDIAN

DATE

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Child's Name: _____

I authorize the following people to pick up my child from Run Club:

Name	Relationship	Phone Number

Parent Signature: _____

Parent Name: _____

****Children will not be allowed to go to the Junior High or High School without an adult.****