



GEORGE GREENAWAY ELEMENTARY

17286 – 61A Ave Surrey, BC V3S 1W3

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www.surreyschools.ca/schools/georgegreenaway

Running Club Permission 2019-2020

Dear Parents,

The George Greenaway Running Club will begin again on Thursday, November 21st. The purpose of the Running Club is fun and fitness. Students are encouraged to reach their personal best and improve their fitness over time.

Practices will be 7:45 – 8:15 a.m. on Thursday mornings. Students should meet in the gym for attendance and warm-up. We will be training around the school property and the attached baseball diamonds. Training sessions will be rain or shine.

Students in Grades 3 – 7 are welcome to join, as long as they try to run at least part of the route. We hope that over the weeks their fitness level will continue to improve. **Any students younger than Grade 3, must be accompanied by a parent.**

We welcome parent participation. We need people at the front and back of the pack to make sure everyone gets back inside safely.

Students should eat a light breakfast before running practice and bring a snack and water to have at school afterwards. It is best to dress in layers, as runners heat up quite a bit during exercise, but will need to stay warm afterward.

Running Club will run until Christmas break and then resume in the Spring to prepare for track and field.

If you have any questions please see Mrs. Susheski (Rm 17)

Thank you,
Mrs. Susheski

I give permission for my child, _____ Grade ____ Division: _____
to attend Running Club practices during the 2019-2020 school year on Thursday mornings from 7:45 – 8:15 a.m.

Phone Number

Date

Parent Signature