

HCCPS Running Club 2014



Running Club is open to students in the 4th, 5th, 6th, 7th, and 8th 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 5th-8th 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!

Sadie Graham

sgraham@hilltowncharter.org

Running Club Permission Form 2014

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 coaches *before* practice at 3:00 PM

STUDENT: I, _____ (print name), have read the above Running Club rules and agree to abide by them. If I do not comply with the rules, I may be suspended from the Club.

Signed: _____ Date: _____

PARENT: I give permission for my child, (please print) _____, to practice and compete in a cross-country running program sponsored by Hilltown Cooperative Charter Public School. My child has no outstanding medical issues or chronic injuries that would prevent him/her from engaging in these activities or that would compromise individual health. I also understand that if my child does not abide by the rules of the Running Club, he or she may lose the opportunity to participate in this school activity. My child uses an: inhaler **Y N** epi-pen **Y N** other _____

Signed: _____ Date: _____

RUNNER'S T-SHIRT SIZE: Please circle one:

Youth Medium Youth Large
 Adult Small Adult Medium Adult Large

September Tuesdays	September Fridays	October Tuesdays	October Fridays
9/16	9/19	10/7	10/3
9/23	9/26	10/14	10/10
9/30		10/21	10/17
		10/28	10/24

TURN OVER FOR MORE INFORMATION!!

November Tuesdays	November Fridays
11/4	11/7
Veterans Day No School	11/14 Celebration!

Please return this form and the \$60 activity fee payable to HCCPS to the folder marked "Running Club" in the Completed Forms Box in the main office.

**PRE-PARTICIPATION HEAD INJURY CONCUSSION REPORTING FORM
FOR EXTRACURRICULAR ACTIVITIES**

This form needs to be completed by the student-athlete's parent(s). It must be submitted to the Coach, along with the other registration forms, *prior* to the start of EACH season a student-athlete plans to participate in an extracurricular athletic activity.

Student-Athlete's Name _____ Grade _____

Sex (F M) Date of Birth _____ Sport _____

Phone Numbers (H) _____ (W) _____ (C) _____

What is the date of the athlete's most recent physical? _____

Has student-athlete ever experienced a traumatic head injury (a blow to the head)? Yes ___ No ___

If **no**, skip next section and both parent/guardian and student-athlete sign below:

If **yes**, complete section below and then both parent/guardian and student-athlete sign below:

• **Date(s) of injury(ies) (month/year):** _____

• Please describe the circumstances for each incident: (if necessary, use separate sheet of paper)

• **Was student-athlete diagnosed with a concussion? Yes ___ No ___**

• If yes, when? List dates (month/year):

• Duration of Symptoms (such as *headache, difficulty concentrating, fatigue*) for **most recent** concussion:

• **Has most recent concussion occurred after student-athlete's most recent physical? Yes ___ No ___**

• If yes, ***Post Sports-Related Head Injury Medical Clearance and Authorization Form, (Form #5)*** must be on file for student-athlete to participate.

Student-Athlete Signature _____ Date _____

Parent/Guardian Signature _____ Date _____