

SJS
2018 Super Eagle 5K Fun Run
Training Camp Registration and Pledge

Participant's Name: _____

Grade: _____ Homeroom Teacher: _____

To Parents/Guardians: Please sign after reading the following statements carefully.

I expressly agree and promise to accept and assume all risks that exist with all physical activity involved with this training camp. I acknowledge and accept the risks that come with my child training both inside the school building and outside on various surfaces and locations on and off school campus. My child is fully physically able to completely participate in all aspects of training, and I agree that St James/Seton School and the camp organizers will not be held responsible for any and all risks. I also promise to pick-up my child no later than 4:30.

Parent/Guardian Signature: _____ Date: _____

Student Pledge: Please read carefully and sign.

I pledge to:

1. Listen carefully to Mr. Myer and Mrs. Lenz at all times
2. Follow ALL directions
3. Participate in all activities to the best of my ability
4. Bring a positive and thankful spirit to each session
5. Be seated in the designated meeting area by 3:20 every session.

I understand that if I am absent or tardy for 2 sessions, I can no longer be a part of this training camp.

Student Signature: _____

Please return to Mr Myer(702) or Mrs. Lenz(PE office) NO LATER than 3/16/18. No student will be allowed to participate without SIGNED registration/waiver.

2018 Super Eagle Fun Run Training Camp
Information Meeting
March 6, 2018

Welcome! Thank you for your interest in our Super Eagle Fun Run Training Camp. Our goal is to get ready for SJS's Fun Run while teaching you how to train and run distance races like the 1 mile and 5K(3.1 miles). We will also explore the connection between training our bodies and keeping our faith in Jesus strong.

Training camp details:

- We will meet every Monday for 6 sessions from March 19th to April 30th, except April 2nd.
- Camp starts @ 3:20 and ends @ 4:30. Please be on time.
- Properly fitted running shoes are highly recommended, and we will insist that all skin is covered in temperatures lower than 55 degrees. Cold temperatures will require more layers.
- We will NOT cancel because of bad weather.

Running rules:

- Stay with your running group at ALL TIMES! NO exceptions
- Watch where you are running to avoid holes, curbs, etc.
- Ask questions if you are unsure of the workout.

Training tips:

- Make sure you drink plenty of water throughout the day, and finish your lunch!! Your body needs that fuel.
- Runners typically run 3-4 times per week to train for races, so ask your parents/guardians/older responsible siblings to go with you on the others days we are not meeting at school. Never run alone.

