

EXCELL RUNNING CLUB

Early Exercise Can Equal Longer Life

Description: The EXCELL Club is a running program designed for students to improve cardiovascular endurance and running mechanics through jogging/walking. The goal is to introduce students to an activity that will help them maintain fitness for life! While at Rockenbaugh we want to encourage them to accumulate as many miles as they can...maybe even 100 plus miles! All students earning 25 miles this year and registering on time will be able to participate in our annual Run the Rock 5K in March. Incentives will be awarded along the way for reaching various mileage goals. Please come and join us for a FUN run every Monday and Thursday immediately after dismissal, 3:00-3:30. Parents are encouraged to run too!

Sponsored by: Mrs. Tricia Pate (PE Teacher)

Grade: 2nd, 3rd and 4th

Where: RES Gym/Field

When: Every Monday and Thursday at dismissal to 3:30

Dates: Begins Monday, October 20 and continues through the Dragon's Fire 5K which is usually the end of April (with the exception of holidays and bad weather days due to ozone conditions or inclement weather)

Semester: All year

Parental Involvement Required: Parents are needed to help monitor students, record mileage and simply be there for encouragement and support. You are always welcome to come and run/walk with your child. Volunteers are GREATLY appreciated!

Dismissal Procedure:

Students will be picked up in the car pool circle promptly at 3:30. If a student is participating in another club afterwards, the parent must pick them up from EXCELL Club at 3:30 and then take them to their next activity. Students are not allowed to be unsupervised between club activities. Also, students that are late being picked up more than three times will lose their privilege to participate in EXCELL. Thank you.

Enrollment Limitations: None

If you would be willing to assist in monitoring students during EXCELL Club, please complete the information below. Thank you!

Name: _____
Child's Name: _____ Classroom Teacher: _____
Phone: _____ E-mail: _____
Home # _____ Cell # _____

Registration Procedure: Complete and return registration form during Club and Activity Sign-up Day.