

Glenn Arbour Running Club Info Letter

Kids are natural runners! With positive encouragement and guidance, they will develop their running skills and through measurable results, experience pride as they progress at their own pace and achieve their personal best.

This year GAA is excited to introduce a Running Club. Our focus is to have fun, and feel successful! Please read on for what this club is all about!

Session activities will include:

- Learning proper stretching, breathing, pacing and running form
- Fun running drills and games
- Sprinting exercises
- Distance runs to improve endurance
- Team relays
- Indoor circuit training (on rain days)
- Spring pentathlon
- Training for GAA Cross-Country Race
- Training for GAA track&field meet
- Themed fun runs throughout the year
- 'Run with the principal and teachers' day
- Year End Certificate of Accomplishment!



Open to: Grades 1 to 8

Dates: Every Monday, beginning Sept 9, 2013

Time: 3:30pm to 4:30pm

Session 1: Sept 9, 2013 to Dec 9, 2013

Session 2: March 3, 2014 to May 26, 2014

Location: GAA school yard, and gym (occasionally, we will have guided group sidewalk runs in the school's vicinity as well as train at a local track)

What to wear: school gym shirt and shorts/track pants, running shoes

What to bring: labeled water bottle, labeled hand towel and a positive spirit!

If you have any questions or concerns, please contact me, Natalie Nardone, at robandnatalie@hotmail.com, or Lisa MacKinnon.

Glenn Arbour Running Club

Permission Form

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If you would like to participate, please complete the form below and return it to Natalie Nardone, or to your teacher by Fri. Sept 6.

Student's Name: _____

Grade: _____

I consent to my child participating in the GAA Running Club.

Parent/Guardian signature: _____

Date: _____