



To the parents/guardians of 3rd, 4th, and 5th graders:

We are excited to try a new after school running program-- **Cougar Running Club!** Cougar Running Club will focus on training and preparing our young athletes to be committed to fitness, run with a goal, and learn how to complete a 5K race. Students will be coached by some of our beloved SES teachers and our PTSA board members. Together we are volunteering our time to share our passion for running. This will give students an opportunity to develop a love for running that could carry on through middle school and further!

This year we are bringing Cougar Running Club to our students for FREE! However, we do encourage you to go the PTSA website www.sesptsa.com to make a donation if you are able, to help keep this program and others like it as free and low-cost as possible in the future.

Cougar Running Club will run on Mondays, from October 3rd through November 7th (except October 10th – Teacher work day). We will begin at 3:45pm on the SES playground and end at 4:45pm.

**** It is very important for students to be picked up promptly at 4:45pm as there will be no supervision provided after that time. ****

**** Cougar Running Club may be cancelled in the event of inclement weather. ****

Please fill out and return the permission slip on the back of this sheet, if you would like your child to participate.

Thank you,

SES PTSA and Cougar Running Club

I understand that my child is signing up to be part of the Cougar Running Club. My student will be asked to stay after school every Monday, and I will need to provide transportation at 4:45pm on these days. If my child will not be attending Running Club, the Running Club will be informed prior to the start of session.

Student Name: _____

Grade Level: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

Please indicate who will be picking up your student below:

Person 1: _____ Person 2: _____

I understand that as an athlete I am committed to not only once a week running practices but to showing up with a coachable and hardworking attitude.

Student Signature: _____

Teacher name: _____

Please provide your email address so we can contact you with updates and information throughout the weeks.

Email : _____

Emergency Phone number: _____

