

October 14, 2016

Dear Parent/Guardian,



To further contribute to a healthy school environment, Cardston Elementary is organizing an exciting 8 week run/walk club sponsored by the Alberta Medical Association (AMA) and Ever Active Schools (EAS). It is led by Teri O'Sullivan, AMA coach certified. The AMA Youth Run/Walk Club will meet on Tuesdays and Thursdays from 3:15 to 4:00. The first session will begin Tuesday October 25, and will end on Tuesday December 13, 2016. The club will resume again for another 8 week session in February 2017.

All students in grades 3-5 are invited to join, regardless of fitness level or experience with running. Parents with small children are strongly encouraged to run/walk with us. It's the perfect after school outdoor family activity. Students will be encouraged to work at their own level. Walking and rest breaks will be taken until students gradually build their stamina.

This program is being offered at **no cost**. To help your child be successful, please ensure they arrive prepared on run-day. Outdoor runs/walks will occur on scheduled days so please make sure they come to school with clothing appropriate for weather conditions and a change of clothes on wet days. All participants must wear running shoes for running. Sandals, Crocks and boots are not permitted.

Please advise Teri if your child is physically or otherwise unable to participate in a vigorous activity like running. Also, please provide all information regarding any medical condition which may limit your child from participating in Youth Run Club or any medication or dietary requirements your child may require while running.

Participants don't have to be runners to join. Everyone will be able to run/walk at their own speed and therefore achieve success. If you have any questions, please do not hesitate to contact Teri at 403-921-5745 or terilynn\_78@hotmail.com.

If you're interested in helping with the CES Youth Run/Walk Club, please include your contact information on the permission slip below.

Sincerely,

Teri O'Sullivan and Annette Bright

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**School Permission Slip for Alberta Medical Association Youth Run Club**

I, \_\_\_\_\_, give my child \_\_\_\_\_

permission to participate in Youth Run Club at \_\_\_\_\_ School.

Child's Class \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

🍏 Yes, I am able to help with the program. Contact me at \_\_\_\_\_ (phone #) or

\_\_\_\_\_ (email)