

Dear Parents and Guardians,

We would like to invite your child to join the after-school program at JMUES. It is a beginning running club and meant to be an informal introduction to running, both individually and as a group. The club's mission is to promote the sport of running to 5th and 6th graders by providing a fun, positive opportunity for all to develop fitness, self-discipline and a dedicated attitude to their endeavors.

****IF YOU PARTICIPATED LAST YEAR, PLEASE NOTE THAT IT WILL BE A BIT DIFFERENT THIS YEAR:**

THERE ARE GOING TO BE: (2) 10-WEEK SESSIONS (YES, you can sign up for BOTH sessions if you would like or just one or the other)

- **IT WILL BE ON MONDAYS STARTING AT 3:15 AND ENDING WITH STRETCHING AT 4:15 **YOU WILL NEED TO BE PROMPTLY PICKED UP AT 4:30**
- **PICK UP WILL BE AT THE SMITH GYM AT JMUES, AND YOU MUST COME INSIDE TO SIGN YOUR CHILD(REN) OUT. PERMISSION SLIPS ARE DUE FRIDAY, SEPTEMBER 19TH**
- **THE 1ST SESSION STARTS ON SEPTEMBER 23TH AND THE FOLLOWING OTHER DATES: 9/30/ 10/7, 10/21, 10/28, 11/4, 11/18, 11/25, 12/2, and 12/9**
- **THE 2ND SESSION STARTS ON MARCH 9TH AND THE FOLLOWING OTHER DATES: 3/16, 3/23, 3/30, 4/6, 4/13, 4/20, 5/4, 5/11 and 5/18**

THANK YOU VERY MUCH,

YOUR COACHES,

MS. DESMARAIS AND MS. MITCHELL 😊

*****SEE BACK FOR FAQ'S*****

FAQs:

Q: My child goes to the After School Program. Can they go there when Jogging Jaguars ends?

A: Yes. Your child may sign him/herself out at the end of Jogging Jaguars and proceed to the afterschool program in Room 128.

Q: Does my child need to attend every single week?

A: No. We will meet every Monday (see calendar on the back), but it is understood that your child may have other commitments on certain days. It is also permissible to take a couple of months “off” if your child does another sport in the winter. I welcome them to come when they can.

Q: Does my child need experience as a runner?

A: No! All levels are welcomed and we compete only against ourselves to improve our abilities and increase our endurance. However, Jogging Jaguars is a running club, not an afterschool babysitting or social club.

We will be happy to answer any further questions via email:

claire.mitchell@sau26.org or Ashley.desmarais@sau26.org 😊

Each meeting will consist of the following:

3:15 Called down from their homeroom to the Smith Gym/Sign in

3:20 Warm-up laps

3:25 Stretching

3:30 Running Activities: one or more of: laps for mileage, running games or drills, relay races

4:15 Cool-down laps/Stretching

4:30 Parent/Guardian Pick-Up at Smith Gym