

3rd – 6th Grade Rimersburg Elementary Cross Country Running Club (Trailblazers)

The Rimersburg Elementary XC Club will meet for **7 weeks** beginning September 4, 2019 on Mondays and Wednesdays. We will run at the Union High School Track and on trails behind the Rimersburg fair grounds.

The running club is designed for all levels of running from beginner to advanced.....the goal is for each student to become a healthier, better and faster runner by the end of the season.

Practices are scheduled from **2:50PM – 4:00PM** each day. Practices are geared to train and teach students healthy ways to reach their running goals.

We will run no matter what the weather forecast is....if it is thundering and lightening outside then we will work out inside the building. Please make sure your child is dressed appropriately in shorts and a t-shirt/tank top if they plan to stay that day. (They can change their clothes at the end of the day)

We will have the opportunity to participate in (3 possible) XC meets with Brookville, Clarion Limestone and Cranberry Area Schools. I will send home information with dates, transportation and registration information once I have finalized the details. We would leave after school and return early evening.

My work contact is 473-3989 ext. 2 or 745-2152 ext 2.

Let's get Running!!!! Melissa Anderson, Elementary School Counselor, M.Ed.

*****Students are required to wear appropriate running shoes and attire. (No designer shoes, jeans or boots) Students who do not have on running shoes will not participate and parents/guardians will be contacted to make alternative arrangements at dismissal time. If you have any questions about running attire, please contact me and I will assist you in any way I can.**

*****Please send in a permission slip each day your child will be staying for run club.**

PARENT PERMISSION FOR RIMERSBURG ELEMENTARY XC RUNNING CLUB

We understand the plans for taking the Rimersburg Elementary XC Running Club from the Rimersburg Elementary School to run throughout the Rimersburg Community and Union High School Track on scheduled practice days for the 2019 season under the supervision of Union School District Instructor, Melissa Anderson, Elementary School Counselor (Running Program Advisor).

I give my consent for my child, _____, to become a member of the Rimersburg Elementary XC Running Club and understand and agree that in the event my child sustains an injury in connection with this club, the School Board and School authorities of the Union School District will not be liable in any way.

CONSENT FOR MEDICAL TREATMENT

The purpose of this consent form is to permit the treatment of minors who become ill or injured and seek medical care when the parents or guardians cannot be reached for the purpose of giving consent to such treatment. Although every attempt will be made to contact the appropriate person listed below, this form will allow the minor to be treated promptly in the event that the appropriate person cannot be contacted.

I, _____ of _____
(Name) (Address)
_____, of _____
(Father, Mother, Legal Guardian) (Minor's Name)

and in the event he/she has an injury or illness and needs medical care, and all reasonable attempts to contact me at _____ or to contact _____ at _____
(phone number) (Other Parent or Legal Guardian) (phone number)

for consent to the treatment have been unsuccessful, I consent to the following:

- 1) The administration of any and all necessary medical treatment by a licensed physician or dentist either at his/her office or at a hospital; and
- 2) The transfer of the minor, if necessary, to a specialty hospital, such as Children's Hospital, a burn center, etc.

I consider the below listed information as something that should be known in determining the proper treatment to be given to the above listed minor:

Family Physician: _____ Phone #: _____

Last Tetanus Immunization: _____ Allergies: _____

Medication being taken: _____

Physical Impairments: _____

Insurance Company: _____ Policy#: _____

Other facts that you deem necessary: _____

Date: _____ Signature: _____
(Parent or Legal Guardian)

Practice Schedule

Week 1: Wed, September 4th (High School Track – Time Trial)

Week 2: Mon, September 9th (Fair Grounds – XC)

Wed, September 11th (High School Track – Time Trial)

Week 3: Mon, September 16th (Fair Grounds – XC)

Wed, September 18th (High School Track – Time Trial)

Week 4: Mon, September 30th (Fair Grounds – XC)

Wed, October 2nd (High School Track – Time Trial)

Week 5: Mon, October 7th (Fair Grounds – XC)

Wed, October 9th (High School Track – Time Trial)

Week 6: Mon, October 14th (Fair Grounds – XC)

Wed, October 16th (High School Track – Time Trial)

Week 7: Mon, October 21st (Fair Grounds – XC)

Wed, October 23rd (High School Track – Time Trial)

Brookville Elementary 1 mile Cross Country Race
(Date to be determined)

Cranberry Elementary 1 mile Cross Country Race
(Thursday, September 19, 2019) **Tentative**

Clarion Limestone Elementary 1 mile Cross Country Race
(Date to be determined)