

JOIN THE HUDDLESTON RUNNING CLUB!

P- Physical A- Activity W- With S- Students

Hello! My name is Coach Michael Davis. I am excited to announce the beginning of the '11-'12 Huddleston Running Club. This program called "P.A.W.S." will be offered to all 1st - 5th graders. Students will run/walk on the track on the lower playground area before school. Walkers stay on the outside and runners on the inside. The students can travel in pairs and each student is expected to be at his/her personal best. Proper shoes are required. It will be an exciting and rewarding part of the Huddleston experience, and I hope students will enjoy the benefits. I need volunteers for many of the important tasks that must be done in order to serve our children. The daily items are marking student's hands each lap, cheering, and recording lap totals onto class sheets. Weekly tasks require computer skills with the Excel program, and other jobs include "incentive" management and communication/publicity! .

Running Time and Place: 7:20 A.M. – 7:35 A.M. Monday – Friday on the playground

The track distance: 5 laps = 1 mile

The running club will meet every morning beginning August 22. We will continue the program until the winter weather/darkness prevents us from going out. Also, we will not run on rainy days. Students should not be dropped off before 7:20 A.M. Students should leave book bags in the designated area and walk out to the playground. Those riding the bus should report to the track as they come off the bus. The running club is designed to enhance our PE program and to help children become physically active by building the "habit" of exercise. Many children have extra energy and this will help them tremendously.

Procedure: When students return the bottom portion of the permission slip, they can run. There are no limits as to how many days a student can run. Students will receive a "dot" on their hand (water based marker) for each lap jogged or walked. When students finish their laps, they will report to the staff/volunteer member in charge of recording totals for each class. Totals are kept and will accumulate year after year! Each student is responsible for getting to homeroom by 7:45 a.m.

I look forward to seeing many students participate in our P.A.W.S. program, as I know it will be beneficial for everyone. If you have any questions, please call me at school. With your help, we can make our club a great success. We need many volunteers for the mornings. Melissa Wilson will be heading up the volunteer list. Please email Melissa at melmcg24@yahoo.com if you can help. Even one day a week is great. It will be fun!

Sincerely,

Michael Davis (PE Teacher)

770-631-3255

My children in grades 1-5 have permission to participate in the running club. They are physically able to walk/run each morning.

Parent Signature: _____

Parent's Email Address: _____

Parent's Phone number: _____

Student's Name _____	Teacher: _____	Grade: _____
Student's Name _____	Teacher: _____	Grade: _____
Student's Name _____	Teacher: _____	Grade: _____
Student's Name _____	Teacher: _____	Grade: _____

I will be able to help out. (Circle day/days preferred) Mon Tues Wed Thurs Fri